

GAMES WORTH PLAYING

FOR SCHOOL, PLAYGROUND, AND
PLAYING FIELD

BY

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BIRMINGHAM EDUCATION AUTHORITY

WITH DIAGRAMS



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**STEPPING-STONES TO
CRICKET, FOOTBALL AND
HOCKEY. For School Use.**

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Inspector of Physical Training, City
of Birmingham Education Authority.
With Illustrations.

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OF THE
CITY OF BIRMINGHAM

PREFACE TO NEW EDITION

AFTER several years of experience in working from this book we have found that the proportion of games suitable for younger children is too small. To remedy this defect, some new games have been added to the present edition ; these will be found in Section VI.

In Section V, Free Basket Ball has been substituted for Basket Ball, and the game of Hand Ball has been added.

DONALD MACCUAIG.
GRANT S. CLARK.

July 1932.

PREFACE

DURING the last few years we have received numerous inquiries as to the kind of intermediate and highly organised games, other than football, cricket, hockey, and netball, which we have found successful.

We have therefore decided to publish this collection of minor, intermediate, and highly organised games, which we have thoroughly tested with classes of adults, adolescents, and children, with excellent results.

We have purposely refrained from including games whose rules have already been formulated and published by Games or other Associations, and also many minor games which are considered to be either of little value or so well known as to make their inclusion superfluous. It is therefore hoped that much of the material will prove fresh and stimulating to the reader.

Some of the games appear in print for the first time, while others are modified to suit average elementary school conditions.

These games are not intended for infants.

The reader's attention is directed particularly to Section V. on Highly Organised Games, which

contains several new games which can be played in limited space. Most of the games in this category, in respect of degree of organisation, interest, intensity of effort, and social value, are in a class above the minor games usually employed during an ordinary physical training (syllabus) lesson; and, although many are suitable for use during this lesson, they are intended more particularly for the organised games period either in the playground or playing field. They form a much-needed intermediate grade or connecting link between the minor and the highly organised games like Rugby and Association Football, Cricket, Hockey, and Netball, which may be regarded as the apex of organised games.

All minor team games are preparatory for the more highly organised games, in the sense that they give practice in co-operation. There are many games in this volume, however, which are more definitely preparatory, since they are based on specific activities which occur in the major games, *e.g.* passing, catching, dodging, marking, and kicking.

By means of suitably graded preparatory games children who are athletically backward gradually gain in confidence and proficiency, and are thus enabled to reach a much higher standard than if they were introduced without preparation to highly organised games.

The demand for playing fields is rapidly growing, and many education authorities are now endeavouring to procure these for their schools. In most

cases, particularly in large towns, it is not possible to obtain ground large enough to accommodate a large number of players, if only such games as football, hockey, and cricket are played. The need for using games which are less extravagant of space is therefore becoming more urgent.

Very often parts of the ground which are unsuitable for the above-mentioned games, owing to shape, area, or slope, can be put to excellent use if marked out for some of the games described in this book.

In conclusion, we should like to take this opportunity of thanking all who have helped us from time to time by giving us ideas for new games, by testing them and offering suggestions for their improvement. In this connection we are especially grateful to Miss L. A. Sharpe, and, for reading the proofs, to Mrs. MacCuaig.*

DONALD MACCUAIG.
GRANT S. CLARK.

BIRMINGHAM,
August 1924.

* The London County Council is not responsible for the material contained in this book.

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GAMES WORTH PLAYING

GENERAL HINTS

(a) NOTES ON MARKING PLAYGROUNDS

MUCH valuable time is saved by having the playgrounds permanently marked with tar-varnish or white paint, according as the surface is light or dark. The trouble of marking playgrounds with chalk for each physical training lesson often deters teachers from using those games and General Activity Exercises which involve a great deal of marking.

Local conditions are, of course, the most important factors in deciding the scheme for playground marking. Suggestions are made here in the hope that they may prove helpful in enabling the best use to be made of the available space.

1. The aim should be to provide as many pitches as are needed for the largest class using the playground.

2. Where the length of the playground is over 90 feet, the width over 60 feet, and the number of players to be accommodated at any one time is over twenty-four, it is recommended that two

separate pitches be provided: for example, one rectangular pitch, 50 to 75 feet by 30 to 50 feet, and a Circular Pillar Ball pitch from 30 to 42 feet in diameter.

3. For playgrounds over 135 feet in length and over 90 feet wide the reader is referred to the accompanying diagrams.

4. If the length of the playground is under 90 feet and over 50, and the width between 50 feet and 35 feet, one rectangular pitch, with a circular one inside, is recommended, as this arrangement enables a large variety of games to be played though not simultaneously.

5. When space is limited and there are suitable surrounding walls without projections, these may be used as side or end lines, or both. In this case the ball is never "out," and games played under this condition are generally much faster.

6. For a game like Scrimmage Ball, it is much better to divide a 75 feet by 50 feet pitch (where this is the only available space) in two by a chalk line across the middle, for a class of forty players, and thus accommodate two games of ten a-side, instead of one game of twenty a-side.

7. To avoid confusion, it is better to have only the outer lines of pitches permanently marked, and to add the others in chalk when required. (N.B.—It is easier to mark with sticks of pipe-clay, and the marks are clearer.)

8. To obviate the need for measuring every time additional marks are required, short marks should be made on the side and end lines.

9. A space permanently marked for more than one game is apt to be confusing, except in the case of a circle inside a rectangle.

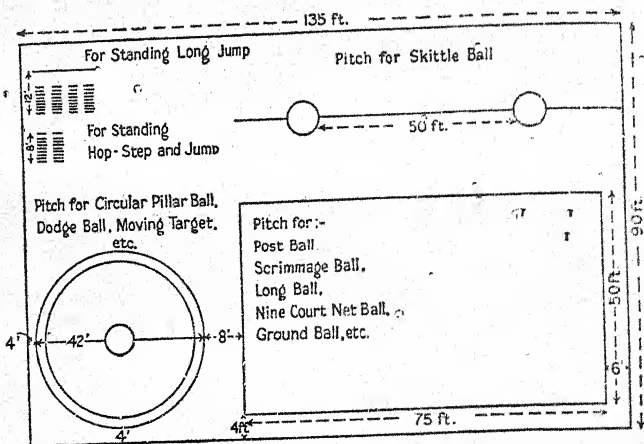
10. For narrow playgrounds measuring not less than 20 feet wide and 50 feet long, Skittle Ball will be found a specially suitable game.

11. For square playgrounds of limited size, Circular Pillar Ball is an excellent game, accommodating as many as twenty-four to thirty players in a space of not more than 45 feet square.

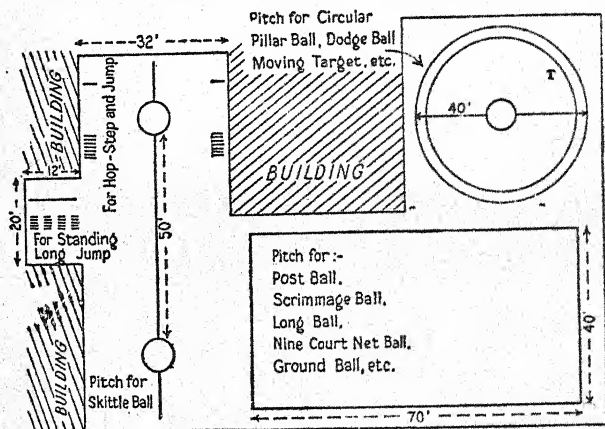
12. Permanent graduated marks for Standing Broad Jump and Hop-Step-and-Jump should be placed where they may be used without interfering with other games. Usually the best positions are in recesses and under playground sheds. The take-off and landing marks should not be placed on a slippery surface, nor should the jump be downhill, particularly when the jumpers are not wearing gymnastic shoes. If the choice must be made between uphill and downhill jumping, the former is safer.

13. Playgrounds with dark surfaces are best marked with white paint. Rough concrete surfaces hold the marks longest, while smooth surfaces, such as blue bricks, are the least satisfactory in this respect.

14. *General Activity Exercises.*—The marking of playgrounds not only ensures economy of time and best use of space available for organised games, but also facilitates the application of general activity exercises in the ordinary physical training lesson, as the marks can often be utilised for these exercises.



PLAN OF LARGE SYMMETRICAL PLAYGROUND SUITABLY MARKED



PLAN OF UNSYMMETRICAL PLAYGROUND SUITABLY MARKED

The above diagram shows an unsymmetrical playground marked to allow for three Organised Games and Standing Broad Jump (4 teams) to be in progress at the same time.

Notice that the pitches have been adapted to the size and shape of the playground.

(b) HINTS ON THE IMPROVISATION OF POSTS AND SKITTLES

The improvisation of suitable posts for games like Post Ball, Circular Pillar Ball, Medicine Ball Tennis, and Volley Ball is quite an easy matter.

The Post.—A round or square post, 8 feet long and about 3 inches in diameter, should be procured. If it is to be used for Net Ball or Basket Ball it should be 10 feet high when fixed in its base or socket.

The Base or Socket.—1. An iron socket as used for football goal posts, with a lid, is an excellent arrangement. It should be sunk flush with the ground.

2. A piece of gas pipe 1 foot long sunk flush with the playground surface is very satisfactory. It should be plugged when not in use. The "Post" in this case should be a gas pipe or water pipe of suitable size to fit the socket.

3. *A Portable Base.*—A strong wooden box about 18 inches square is easily made into a serviceable base by fixing a strong piece of wood across the top, with a centre hole for the pillar, and a similar piece, also with a hole, inside the box across the bottom. Both should be nailed firmly to the box.

A barrel may be used instead of a box.

If necessary, place a few bricks inside the box or barrel to prevent its being knocked over when struck with the ball.

Skittles.—An Indian club, or short length of pole, with a flat base, and a piece of hard wood.

about 6 inches by 6 inches by 1 inch, nailed firmly to it makes an excellent skittle which will stand up even when exposed to a strong wind.

(c) NUMBER FOR WHICH THESE GAMES ARE
SUITABLE

The games included in this book are suitable for classes of thirty to sixty pupils, unless otherwise stated.

Where the number suggested for any game is less than this, it is assumed that the class would be divided into a suitable number of teams, and that two or more games would be played at the same time.

There are a few games in which it is essential for the safety of the players strictly to limit the number composing any one group or team (e.g. Catch Your Tail), and in these cases the number is given.

(d) DEALING WITH LARGE NUMBERS

A mistake frequently made in taking a large number of players for organised games is that the class is divided into two teams only. This means that for the majority of the more highly organised games the teams are too large and the pitch is overcrowded, with the result that play can never reach a high standard. Moreover, each player's share of the game is less than it would be under a better scheme.

The first essential for good organisation is the establishment of the *Team System* within the class.

To effect this the class should be given the opportunity of exercising its own choice of leaders and vice-leaders. This is best done by secret ballot. The leaders should then select their teams, each choosing a player in turn. These teams should, as far as possible, be permanent, unless they are found to be very unequal. Inequality can be partially prevented by allowing the leader with the fewest votes to have first pick in the first round, and the last chooser in each round to have first choice in the succeeding one.

For the majority of classes the most suitable number of teams is four.

In a class of less than twenty-four, however, two teams, and in a class of fifty to sixty, six teams may be more suitable. A suitable number for a team is six to twelve players.

Local conditions will, of course, determine largely how many teams to have, as the space available is an important consideration in making this choice. An odd number of teams should, of course, be avoided.

The next important step is to fit out each team with a distinctive colour. Probably the most satisfactory material is braid of not less than 1 inch wide made into bands, each containing from 36 to 42 inches of material, according to the size of the players.

(e) SCHOLARS AS UMPIRES

The training of efficient umpires from amongst the most promising pupils is a first essential when

the number of players necessitates more than one game being in progress at the same time.

The number of umpires should be large enough to prevent any of them from losing too many games through having to umpire.

(f) DECIDING CONTESTS BY ELIMINATING COMPETITORS

In general we do not recommend the method of deciding games and contests by eliminating players.

The game has a definite function to fulfil for each player, which may be the cultivation of moral and social qualities, such as fairness, unselfishness, courage, and determination, or mental and physical qualities like quickness in perception and decision, speed, strength, and skill. It should be remembered that it is the poor players who are usually eliminated in the early stages of the game. They need more practice than the better players; therefore it is not logical to stop their play early, and may prove very discouraging for them.

For competitions held at intervals of a month or more, however, this method may be the only practicable one.

Suggestions for scoring without eliminating players are to be found under "SCORE" for each game where applicable, *e.g.* see Dodge Ball.

(g) THE KNOCK-OUT SYSTEM

The first essential in this form of competition is to see that no byes occur after the first round.

If the number of competitors is a power of 2 there will be no byes, *e.g.* 2, 4, 8, 16, 32, 64, etc. If it is not, then the number of byes will be easily found by subtracting the number of competitors from the next power of 2 above, *e.g.* with 19 competitors there would be 13 byes ($32-19$). This would leave 6 to compete in the first round, 3 of whom would go into the second round, making, with the 13 byes, 16—a power of 2.

The number of contests in a knock-out competition is always one less than the number of competitors.

SECTION I

1. LIFTING RACE

Formation.—Each team sits in file, in long-sitting position, *i.e.* with knees straight and legs together. A suitable distance is with feet touching the back of the player in front, but this may be increased.

Procedure.—On the signal to start all the players swing their arms sideways in line with their shoulders, while the end one jumps to his feet and quickly lifts up the one in front of him. To do this he passes his arms under those of the other player. The player who has been lifted then lifts the one in front, and so on, until the whole team is standing.

No player except the one who begins the race is allowed to place his hands on the floor, the others maintaining the *arms sideways position* until they are lifted.

Note.—Sitting cross-legged is more suitable for young or weak children, as the lifting is easier.

2. TUNNEL CRAWLING

Formation.—The teams are arranged in files and stand with their feet astride to form the tunnel.

A suitable distance is obtained by placing the hands on the shoulders of the one in front. This ensures uniformity in the length of the teams.

Procedure.—On the signal to start the last in each team faces through the tunnel and stands with feet astride, an arm's length in front of the first player, who places his hands on the other's shoulders.

All the other players follow quickly in succession from the back, finishing in the same way.

Finish.—When the leader, after crawling through the tunnel, stands in front of his team again the team is finished.

Note.—Recommended only if the surface is suitable, as players have to travel on hands and knees because of the height of the tunnel.

3. SKINNING THE SNAKE

Formation.—Teams are arranged in files with feet astride and trunk leaning forward. The left hand is forward and the right backward between the legs. Each player clasps the right hand of the player in front with his left. All the players are thus linked together. (The hands may be reversed.)

Procedure.—On the signal to start the end player lies down on his back with his feet together while all the others, keeping their feet wide apart, quickly move backwards over him. Each player in turn lies down as soon as he passes over the head of the one behind him—now on the floor.

Finish.—The contest may be (a) in racing to the lying position, stopping there, and on another

signal racing back, or (b) in both without a stop, when the last player should sit and immediately spring up.

Hints.—No player may break his hold either in going down or getting up.

In lying down players should first sit close to the head of the preceding player and without pause should lie down. The feet, with toes turned in, should be held close to the sides of the player in front when lying down.

4. BULL IN THE RING

This game played as an inter-team contest on the "Knock-out" principle will be found to be very interesting, strenuous, and exciting.

Formation.—Each team forms a circle with hands tightly clasped. A player (the Bull) from each team is selected to go into an opposing ring. He should be selected by his own side for his pluck, determination, quickness, and strength.

Procedure.—1st Round : If there are four teams, and A and B and C and D are drawn to meet each other, then team A will have its Bull in the ring formed by B, while the B Bull will go inside the ring formed by team A. Teams C and D will arrange similarly.

2nd Round : The winner of A v. B and of C v. D contest the final for 1st and 2nd places, while the losers meet for 3rd and 4th places.

On the signal to start each Bull tries to get outside the ring by breaking it, or dodging under it while the Ring resists. The Bull should spring

surprises on the Ring by attacking it at unexpected points.

The Ring should close in towards the part attacked in order to strengthen it, but should always be on the alert to meet any surprise moves.

The team wins whose representative first breaks through its opponent's ring.

5. THE HUNTER AND HIS DOGS

Formation.—The players stand at a wall or line, opposite which is another, parallel with it.

One player is chosen to be the Hunter, and stands a few yards in front of the others.

Procedure.—A signal is given for the players to run, and the object is for the Hunter to tag as many as possible before they reach the other side.

All who are tagged become his "Dogs." The Dogs now try to catch the other players and hold them until the Hunter comes and tags them. If tagged by him they also become his Dogs.

Any player who drags his captor over the line towards which he was running is free.

Not more than one Dog may hold the same player, but if he escapes another Dog may try to catch him.

Tackling below the waist and holding a player by his clothes are forbidden.

When all the players have been converted into Dogs the game ends.

6. JOCKEYS AND HORSES

Formation.—One half of the players form a circle. This may be done quickly by these players joining hands and extending to the full extent of the arms.

The other half then run and each player places his hands on the shoulders of one about his own size, forming the circle. The inner circle players are the horses and the outer the jockeys.

Procedure.—"Jockeys Mount!" On this signal the jockeys at once jump up on the backs of the horses.

At a given signal they quickly dismount and run round outside the circle formed by the horses. The direction (left or right) must be clearly stated before the signal to run is given, otherwise players may run into each other. The first jockey to remount wins.

Horses and jockeys then change places and the race is run again.

Variation

Played as above but with the jockeys going through the horses' legs before re-mounting *after* the race.

Except in the case of well-practised players, going through the horses' legs before racing round the circle is not recommended, as the sense of direction is apt to be lost, and accidents may result.

7. SPRINGS

Formation.—The class is arranged, say, in four teams, sitting, kneeling, lying, or each team sitting astride a bench, or in any other suitable position. Each team is given a number or name, preferably one with a single syllable.

Procedure.—The teacher calls out the name of a team and that team springs up, the last player up being given a penalty to perform, *e.g.* run to a given spot and back to his place in the team.

When the teacher calls a new name the previous team returns to the starting position.

The following activities will be found to be exceedingly strong and interesting when taken on a bench:—

(a) Teams sit astride the bench and the team named springs to the standing position on the top of the bench.

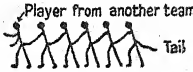


(b) From standing on the bench to the floor and up again.

(c) From sitting astride to standing on the bench, to standing on the floor astride the bench and then to standing on the bench again.

(d) Any of these with turning about when jumping. This variation is suitable only for advanced players.

Hints.—The teacher should spring surprises upon the teams by calling the names twice in succession sometimes, and never in the same order. If the team has already taken up the position and its name is called a second time, it holds that position.

8. CATCH YOUR TAIL

1. 
2. 
3. 

Formation.—Two or more files stand, each player gripping firmly the waist of the one in front. The first player in each file belongs to a different team from all the others, *e.g.* the leaders of A and B teams change places, and similarly for C and D. A “tail” (sash or rope) is loosely attached to the back of the last player in each file, *e.g.* by slipping it under his belt.

Object.—The player at the “head” tries to snatch out the “tail,” whilst all the other players aid the last man in preventing this. The first to pull out the “tail” wins for his team.

Variation I (Diag. 2)

Formation.—As for preceding game, except that the first half of the file comes from one team, the second from another.

Diag. 2 shows the relative position of Reds and Blues in one group. In another group the Blues would be in front as attackers, with the Reds behind defending their “tail.” A third and fourth group would be similarly arranged, and the winner of the first two groups would meet that of the third

and fourth groups for first and second places, while the losers would meet for third and fourth.

When the first round is over, players turn about and the tail is transferred to the other end of the file, so that the attackers and defenders exchange rôles.

Variation II (Diag. 3)

Formation.—Two teams stand in file, as above, and each has a "tail." At the beginning of the game the leaders face each other, the two teams forming one straight file (see Diag. 3).

Object.—Each leader tries to be the first to snatch out his opponents' "tail."

Note that in this case each group is homogeneous, and the tail to be caught is attached to the end of the opposing team.

The remainder of the team should assist the leader in the chase, and the "tail" in eluding the opposing leader. Leaders may frustrate each other's attempts with outstretched arms, but may not hold.

Caution.—Six to eight players in a group make the best game in each of the three forms. It is recommended never to exceed the number eight, as the excitement in this game is so great that in a long file the end players experience the greatest difficulty in keeping their feet.

To prevent groups from colliding, they should be apart a distance not less than the combined length of two groups.

They should also be a safe distance from any obstruction likely to injure them.

9. KING OF THE RING

Ground.—A chalk ring large enough to hold all the players comfortably should be marked on the ground.

Object.—The object of the game is for the players to push each other out of the ring, the one left in last being KING.

Procedure.—Players stand on one leg inside the ring and fold their arms. On a signal all players hop and try to push each other out of the ring. A player is out (a) if both feet touch the ground at the same time, or (b) if his foot touches the ground outside the ring.

He must then immediately step out of the game without being told to do so. In this way the player is his own umpire, and thus receives excellent training in sportsmanship.

The feet may be changed at any time with a hop, but players must be careful not to have both feet on the ground at once.

The arms must be kept folded, and must not be used against an opponent in any way.

Note.—This is the simplest form of the game; but it is only recommended for very small classes, when the eliminated players do not have to stand out of the game for long.

For large numbers the following variations are recommended:—

Variation I

Ground.—Mark on the ground three or four chalk rings of different sizes, in the ratio of about 9 : 7 : 5 : 3.

Procedure.—At the beginning of the game all the players stand inside the big ring, which should hold them comfortably, and on being pushed out players go into the second ring. When there are four players in that ring the player who was the first to enter it starts the game here by saying "Ready" (players stand on one leg and fold arms)—"Go!" Other players eliminated from the first ring join in the game in the second. The game is continued in the same way in the third and fourth rings, until only one player is left in each of the rings. These are the 1st, 2nd, 3rd, and 4th KINGS, according to the ring they occupy.

Note.—Players on eviction from one ring must immediately go into the next. It may be necessary to appoint an umpire for each ring to enforce this rule.

Variation II (Inter-team)

Ground.—Mark as many rings as there are teams. For example, if there are four teams, each with twelve players, mark four rings on the ground.

Formation.—Divide each team into quarters, and place one quarter in each ring. Thus each ring will contain an equal number of players from each of the four teams. If the teams cannot be divided so as to have the same number in each ring, this does not matter, so long as there is an equal number from each team in each circle. For example, if each team has fourteen players, then use four rings and divide each team into two 3's and two 4's.

Procedure.—The method of play and the rules are the same as in the above game, except that the representatives of each team in each ring cooperate in trying to push members of the other three teams out of the ring.

Finish.—The game continues independently in each ring until only one team, or part of one team, is left in the ring.

The team wins which has cleared the greatest number of rings of its opponents. If two teams clear two rings each the decision goes to the team which has the greater number of players in the two rings.

Notes.—1. This game is not recommended for undisciplined classes.

2. If there is difficulty in keeping the arm from being used, the foot, which is raised behind, should be held with the hand of the same side, and the other hand passed behind the back to grasp the opposite arm at the elbow.

3. Played as in this and the preceding variation it is a very suitable game for cold weather.

10. THE DODGER

Formation.—Players are arranged in groups of ten to twelve. Each group forms a circle, a suitable size for which is obtained by players joining hands and opening out to the full extent of the arms.

Players in each group are numbered. No. 1 stands inside the circle, while Nos. 2 and 3 stand outside it.

Object.—The object is for No. 1 to run round any

player or players three times without being tagged by either Nos. 2 or 3 before getting back into the circle. Count the number of successful "dodgers" at the end of the game.

Procedure.—On a signal the player in the circle endeavours to "draw" the two outside players by feinting at one point of the circle and then attempting to run round a player at another point. He joins the circle immediately he is tagged or has encircled thrice. No. 2 then goes inside, while No. 3 remains outside and is joined by No. 4. (In the case of No. 1, he becomes one of the outside players when the second last player is in the circle, and is joined by No. 2 when the last player goes in.) Each player in turn plays outside and then inside the circle.

The circling may be done either with or without a stop.

The outside players must not enter the circle.

Notes.—1. This is a suitable game for warm weather.

2. It demands adroitness and strategy, as openings have to be made.

11. THROW IT AND RUN

Apparatus.—One bean bag and ten to twenty coloured bands.

Ground.—A circle about 6 feet in diameter is drawn in the centre of the space available for play. The bands and bean bag lie in this.

Procedure.—All the players group round the circle, with the exception of one, who has been

chosen to be the thrower. He wears a coloured band and stands inside the circle. At the signal to start, he picks up the bag and throws it as far as possible. At the same time all the others scatter. The thrower chases them and tags as many as he can.

Any player who is tagged returns to the circle, puts on a band, and becomes a catcher.

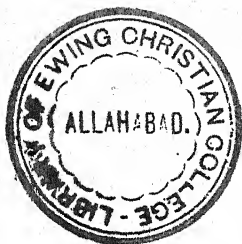
The chasing continues until the bag is replaced in the circle by one of the players. When this is done, the umpire blows the whistle, and all the catchers must return to the ring and stand in it. When they are all back, the thrower throws the bag out again and the chasing starts afresh.

Finish.—The game ends when all the bands are in use.

Note.—This game does not go well with older children if the space is too limited.

Variation for Older Children

As above, except that (1) players are allowed to throw the bag from one to another until the opportunity is made to return it to the circle, and (2) to give the runners a better chance a rule may be added that all the catchers must run in couples (inside hands joined), except the thrower, who is always free.



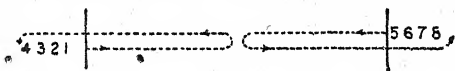
SECTION II

12. EXCHANGE RELAY RACE

Formation.—Teams are arranged in halves, facing each other, in file, at a distance according to the space available.

The leaders of each half carry tokens which should be of a different kind, *e.g.* a bean bag, and a ball.

Procedure.—On the signal, Nos. 1 and 5 in each team (see diagram) run towards each other, ex-



change tokens, and run *back* to their own half, pass the token to the next runner, and fall in behind their half of the team.

Finish.—The last runner in each half hands the token to the first. The two leaders then run towards each other and finish, standing wherever they meet between the two starting lines and holding up their tokens.

Note.—The exchanges and the finish may occur at any point between the starting lines. The fast thus help the slow.

Variation

If space is limited and the above formation is impossible the game can be played in the following way:—

Formation.—The two half-teams stand side by side, No. 1 holding the bean bag, No. 5 holding the ball.

Procedure.—At the signal Nos. 1 and 5 run down the outside of their files, meet, exchange bean bag and ball, return to their places, and hand their tokens overhead to the next players.

All the following players repeat this, but they come up the centre first, then down the outside, exchange, and retrace their steps (up the outside, round the top couple, and into their places).

The game finishes when the last players get back to their own places. They join hands and hold up the bean bag and ball.

Hint.—It will be seen that the last players have the longest run, therefore the files should face in the opposite direction, if the game is to be repeated.

13. HOOP EXCHANGE RELAY

Apparatus.—Two hoops and two coloured bean bags for each team.

Formation.—The same as for Exchange Relay.

Procedure.—The hoops and bean bags are placed on the floor in front of the starting lines.

At the signal, Nos. 1 and 5 in each team pick up their hoops, pass them over their heads down to the floor, step out of them, pick up their bean

bags, run to meet the opposite player, and exchange bean bags with him. They then return to their own files, and, after giving the bean bags to Nos. 2 and 6 respectively, each moves to the end of his own file. Nos. 2 and 6, having passed through the hoops whilst Nos. 1 and 5 were running, will be ready to receive the bean bags.

The finish is as described in Exchange Relay, except that the two finishing players in each team hold up both the hoop and the bean bag.

Note.—Each member of the team has two activities in this game, and yet it only occupies a moment longer than Exchange Relay.

14. STRADDLE RELAY

Apparatus.—Bean bag or small ball.

Formation.—The teams stand in single file, each leader toeing a starting line and holding a bean bag. At a distance of 10 to 30 feet from the starting line a small circle is marked on the ground. All except No. 1 stand with feet astride.

Procedure.—At the signal No. 1 runs to the circle, touches down with the bag, and returns with it to the head of the line. The bag is then passed through the tunnel from one player to another. The moment a player has passed the bag, he kneels down, making himself as small as possible. When No. 8 receives the bag, he straddles over the others to the top of the file, and then repeats the performance of No. 1.

Finish.—The team finishes when No. 1 reaches the top of the file and toes the starting line.

Note.—The progression is from back to front, and therefore the teams must move backwards one place each time they get up from kneeling.

15. IN AND OUT THE FILE RELAY.

This can be played in the same way as the previous game, except that the kneeling and straddling are omitted, and the last player progresses to the front by running in and out the file.

16. GIDDY RELAY

7, 6, 5, 4, 3, 2, 1 | $\leftarrow \dots \dots 10 \text{ to } 20 \text{ yds.} \dots \dots \rightarrow \times$ 8

Apparatus.—A stick 3 to 4 feet long for each team.

Formation.—The teams stand in files, and the leaders toe the starting line. No. 8 stands on a cross, from 10 to 20 yards from this line. This player holds a stick perpendicularly and firmly pressed against the ground.

Procedure.—No. 1 in each team runs to the stick, catches hold of it with both hands, and runs round it a number of times previously specified, say three times, passing under the arm of the player who is holding it. He then runs back to his team, and, after touching No. 2, finishes at the end of his file.

Finish.—Each player follows in turn, and the game finishes when No. 7 in the file touches No. 1, who then raises his hand.

Variation

In the above game it will be noted that the same player holds the stick throughout the race.

The variation includes holding the stick by each player in turn.

Formation.—As above.

Procedure.—No. 1 after passing round the stick the arranged number of times becomes the holder. As soon as No. 1 takes the stick No. 8 runs back to the file, touches No. 2, and retires to the end of his team.

Finish.—The race finishes when No. 7, having relinquished the stick to No. 8, runs back to his file and touches No. 1, who raises his hand.

17. TUNNEL RELAY

Formation.—Each team is halved and stands in parallel files. Each couple have their inside hands joined and raised to form an arch.

Procedure.—At the signal the first couple drop hands, turn away from one another, and run down the outside of their own files. They meet at the bottom and run through the tunnel made by the other couples. The moment they reach the top they reform their arch. This is the signal for the second couple to start. They pass under this arch and follow the route taken by the first couple. Every couple follows in turn, the signal for each couple to start being the formation of the arch immediately in front of them.

Finish.—The race finishes when the last couple

return to their places, and make the arch with the inside hands. They hold up their outside hands to attract the attention of the umpire.

18. DONKEY RELAY RACE

Formation.—The teams stand in files behind a line. At a distance of 10 to 20 yards is another line parallel with the first, behind which the leaders stand facing their teams.

Procedure.—Each leader runs to the other line and carries the next player on his back across the opposite line.

The leader remains behind that line while the player who was carried repeats what the leader did. This is continued until each player has been carried and has carried another player. The leader is not carried, and the last in the team does not carry.

Finish.—The first team to get all its players across the line wins.

Variation

An excellent substitute for carrying is to take the player's hand and run back in pairs.

This is particularly suitable for girls and young children, and in this case the distance between the lines may be increased.

19. THROUGH-THE-HOOP TEAM RACE

Apparatus.—A hoop about 14 inches in diameter is required for each team. This size is suitable for

players under fourteen years of age. For older players larger hoops may be necessary.

Formation.—The teams stand in file, the leader holding a hoop. On the signal each member of the team in succession passes the hoop over his head down to his feet, steps out of it, and hands it overhead to the next player, until all have been through.

Finish.—When the last man has been through the hoop he runs and hands it to the leader, who holds it above his head.

Variation

Players take up long-sitting position and pass the hoop from head to feet.

20. STICK-JUMPING RELAY

Apparatus.—One stick about 4 feet long for each team.

Formation.—Teams stand in file not less than 8 feet apart, the first and last in each team standing inside a circle about 18 inches in diameter.

Players should stand from 4 to 6 feet apart.

Place some object (block of wood, small coil of rope, etc.) 5 to 15 yards in front of each team, and a similar object about the same distance behind.

If there are walls or posts in front and behind the teams at a suitable distance they will serve the purpose.

In the absence of suitable objects small circles in chalk will do.

Procedure.—The first player in each team holds a stick in his right hand. He runs and touches the

object in front of his team with his stick ; returns holding it at right angles to the direction of his run and about knee height. He passes down on the right of his team, each member of which, in turn, jumps on the spot over the stick. He continues running past the end of his team to the object behind it, which he touches with his stick, runs to the front of his team, passing it on his left, hands the stick to the next player, and retires into the circle at the end of his file.

Each player in turn repeats this.

As each player starts to run all the others move forward one place.

Finish.—The team is finished when the last runner, after completing the course, hands the stick to No. 1 standing in the circle at the front of the team.

Hints.—Lazy and timid players will sometimes step out of reach of the stick, and, to lessen the chance of this being done, it is a good plan to connect the front circle with the rear one by a straight line on which the players must stand.

Note.—This is an unusually active relay race, and is suitable for cold weather. Each player, in addition to running the course, jumps as many times as there are members in his team, less one.

21. TARGET RELAY

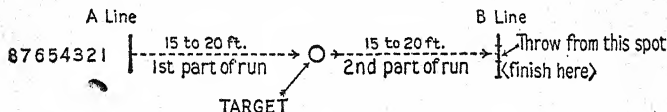
Apparatus.—One bean bag and target for each team. The target may be a waste-paper basket, box, small hoop, or chalk circle marked on the ground.

Ground.—Two short lines are drawn parallel with each other 30 to 40 feet apart, and between them the target is placed.

Formation.—Each team stands in file behind Line A, the leader toeing it.

Procedure.—At the signal No. 1 of each team, carrying the bag, runs to Line B, and at the same time No. 2 runs to the target. No. 1 on crossing Line B faces the target and tries to throw his bean bag into it. He then moves a step to the side to make room for the next player.

As soon as the bean bag has touched either the target or the ground, No. 2 picks it up and races



across to Line B and throws. This is repeated by each player, the next player running to the target as the preceding one leaves it.

Each player finishes at the end of his team (see diagram).

Finish.—When the last player leaves the target No. 1 runs to it, and as soon as the former's shot has landed the latter picks it up and races across Line B. The team is then finished.

Score.—1. (*Aiming*). Award the team which gets the greatest number of shots into the target 2 points for every team competing, the next team 2 points less, and so on. For example, if four teams compete, award 8, 6, 4, and 2.

2. (*Speed*). Award half the above points, i.e. 4, 3, 2, and 1.

The team with the highest total wins.

Note.—There should be an umpire for each target, who keeps the aiming score, and one at line B for the finish.

22. CIRCLE BOUNCING BALL RELAY

Apparatus.—Small ball for each team.

Formation.—Each team is divided in halves and arranged in files facing each other 20 to 40 feet apart, according to the number of circles used. Each half-team has a starting line. Between these lines several circles are marked in chalk. These are about 12 inches in diameter and about 3 feet apart.

Procedure.—No 1 of each team holds a ball, and on a signal runs and bounces it in each circle in turn and finishes behind No. 8. No. 5 runs to take the ball as it bounces out of the last circle and proceeds to do as No. 1 has done, except that he goes in the opposite direction, *i.e.* towards No. 2. When the last player has run he throws the ball to No. 1, and the team is then finished.

Hints.—The ball should be bounced by closing the hand lightly over it from above, but not actually holding it.

Note.—This is a very useful game for cultivating ball control.

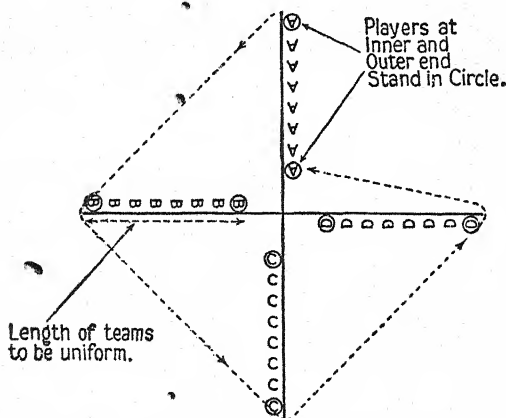
23. WHEEL RELAY PASSING

A token is carried by the first runner in each team.

Formation.—Diagram shows four teams ready.

to start. Teams are in line with their left side to the centre. The outer and inner players of each team stand with one foot inside a circle about 1 foot in diameter. The distance between these two circles should be the same for each team.

Course and Procedure.—Each player runs round the outer end of the other three teams and into the



circle at the inner end of his own team. The token is then passed down the line from player to player until it reaches the end player, who then runs the same course and repeats the passing.

As soon as a player has started to run, all move one place outwards, the player whose turn it is to run next occupying the outer circle. The inner circle is thus left vacant for the returning runner.

Missing a player in passing the token disqualifies the team.

Finish.—The team finishes when the last runner

in the team has completed his course and the token has been passed to the first runner standing in his original place in the outer circle.

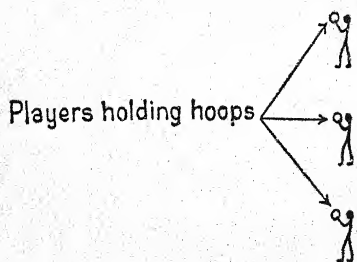
The passing in this game heightens its interest and value.

24. BALL AND HOOP RELAY

Apparatus.—One to three hoops of 14 to 18 inches diameter, and one small ball, football, or bean bag for each team.

Formation.—Teams are arranged in files, the leaders toeing the starting line.

Object to touch or run round → ⊗



Starting Line → ——— 1,
2,
6.

At a distance of 15 to 30 yards there is a mark which the runners must touch or encircle. Between the starting line and that mark the hoops are placed. They may be held by players or attached to stakes driven into the ground.

Procedure.—On the signal to start, No. 1 in each team runs and passes the ball through each hoop in turn, encircles (touches) a mark beyond the last hoop, and runs back, passing the ball through the hoops again.

He may pass the ball to the next runner immediately after passing it through the last hoop on his return.

If the ball is dropped the runner must go back and pass it through the hoop again. It must be passed in the direction in which the player is travelling.

Finish.—The team is finished when No. 1 receives the ball from the last runner.

Variation

In this variation the teams are halved and arranged in files, A and B, facing each other at a distance of 20 to 60 yards apart. No. 1 of file A runs and passes the ball through all the hoops arranged in front of his team, as above, throws the ball to No. 1, file B, and retires to the end of that file. No. 1 of file B repeats this, going in the opposite direction. Thus, at the end of the game the two files will have changed places.

Finish.—The team finishes when the last runner has crossed the opposite starting-line.

Note.—For advanced players hoops of various sizes may be used and held at different heights. This adds to the interest of the game.

25. ZIG-ZAG DRIBBLING RELAY

Apparatus.—A football for each team.

Formation.—Teams are arranged as for Zig-Zag Passing (see Game 28), but with a greater distance apart, and stand with feet astride.

Procedure.—The ball is placed on the line in

front of No. 1 in each team. At the signal this player dribbles the ball round the back of No. 6 and through his legs. No. 6 now takes the ball and dribbles towards No. 2 and repeats the procedure of No. 1. Each player takes the position of the one through whose legs he passes the ball, except the last player, who dribbles across and along the back of the opposite line to the place vacated by No. 1, where he places his foot on the ball and holds up his hand.

Notes.—1. The passing of the ball through between the legs ensures that no player can start before his time.

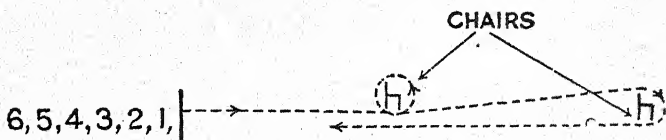
2. This is a good preparatory game for football.

3. Played with a hockey stick and ball it is a useful preparation for hockey.

26. DRIBBLING RELAY

Apparatus.—A ball for each team, and one or more objects to encircle, like chairs, boxes, waste-paper baskets, skittles, or stakes in the ground.

Procedure.—No. 1 of each team stands behind



the starting-line with the ball on the line. On the signal to start he dribbles the ball round the objects, which should be placed as in diagram. He encircles the first object with his left side towards it, and dribbles to the next, which he goes round with

his right side towards it. He then dribbles the ball straight back, and may pass to the next player as soon as he has passed the object nearest the starting-line.

No player may run forward to meet the ball, but must wait till it has reached the starting-line.

When finished, players fall in at the back of their team.

Finish.—The team finishes when the last player passes the ball to the first, who lifts it above his head.

Hints.—It is not desirable to play this game with more than six a-side, as, particularly with beginners, the dribbling takes a considerable time.

The teams should be a good distance apart, *e.g.* 5 to 10 yards, to prevent players, especially beginners, from colliding.

Object.—The object of the game is to cultivate ball control, and it is preparatory for football.

Variation I

Three or more objects placed in line with each other are required.

Each player dribbles a zig-zag course through these objects, encircling only the last one, and zig-zagging back again.

Variation II

Dribbling with the hand, either a straight course round one object and back, or round several objects as in the two preceding games.

The course should not be very long, owing to the difficulty of running in a stooping position.

This variation is preparatory for Scrimmage Ball.

Variation III

Dribbling with a hockey stick or wand.

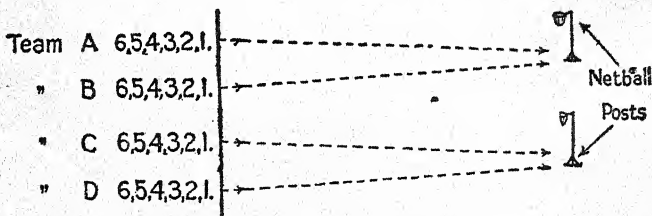
If a wand is used only a large ball can be controlled, but with a hockey stick a small ball (tennis or hockey) is more suitable, since the game is designed to be preparatory for Hockey.

27. GOAL SHOOTING RELAY

Requirements.—One netball post for each team or two teams, and one football for each team.

Formation.—Diagram shows four teams ready to start, A and B using one post, C and D the other.

Procedure.—Every member of the team runs in turn to within a suitable distance of the goal post,



shoots a goal, and then throws the ball to the next player, who repeats this. Players must score, no matter how many attempts they have to make.

When the ball has passed through the goal it may then be thrown from any distance to the next player.

Each player finishes at the back of his team, and the team finishes when the ball reaches No. 1.

GOAL SHOOTING RELAY v. ZIG-ZAG PASSING 39

The ball may be thrown at goal from any distance, but players should be advised not to attempt scoring from directly below the ring.

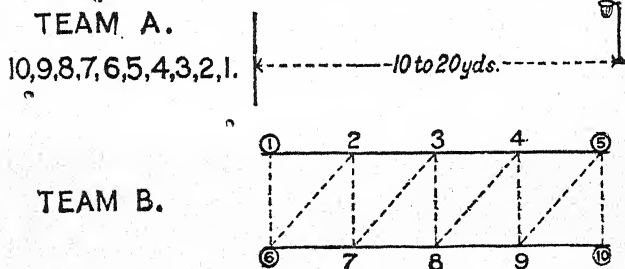
If the ball misses the goal the player should quickly recover it, and may take up any position before again throwing.

Note.—This game will drag unless the players are skilful in shooting.

28. GOAL SHOOTING RELAY v. ZIG-ZAG PASSING

Apparatus.—For every two teams, one netball post and two footballs.

Formation.—*Team A* stands in one file, No. 1 toeing the starting-line, and facing the netball post (see diagram).



Team B is arranged in two lines facing each other, the lines being from 5 to 15 yards apart, and the players in each line from 1 to 5 yards apart.

Procedure.—*Team A* (*Goal Shooting*). No. 1, who holds a football and toes the starting-line, runs on the signal, and from any distance endeavours to shoot a goal. There is no limit to the number of

attempts. . As soon as he has scored he passes the ball to No. 2, who also runs and tries to shoot, and so on, until every player has scored a goal.

Team B (Zig-Zag Passing). On the same signal No. 1, who holds a football, tennis ball, or bean bag, throws to No. 6, who throws to No. 2, and so on, the track of the ball being as shown in the diagram, both in passing down and up the line.

Finish.—When No. 10 of team A has re-crossed the starting-line the signal is given for the Zig-Zag passing of B team to stop.

Object.—The object is for team B to make as many "good" passes as possible before the whole of A team has completed its run. A pass that is dropped, or caught by a player out of his turn, does not count.

2nd Half.—Teams now change places and the game starts afresh, A team endeavouring to make a larger number of passes than recorded by B team, whilst B is running the Goal Shooting Relay.

Notes.—1. This game will drag unless the players are fairly skilful in shooting.

2. Zig-Zag Passing, as a simple team race, is good for developing speed and accuracy in handling the ball.

Variation (RELAY v. ZIG-ZAG PASSING)

In this game a simple relay is substituted for the goal shooting relay, and for most classes this will make a better game. The formation is as for the preceding game, or, the running team runs a course round the passing team. This is particularly suit-

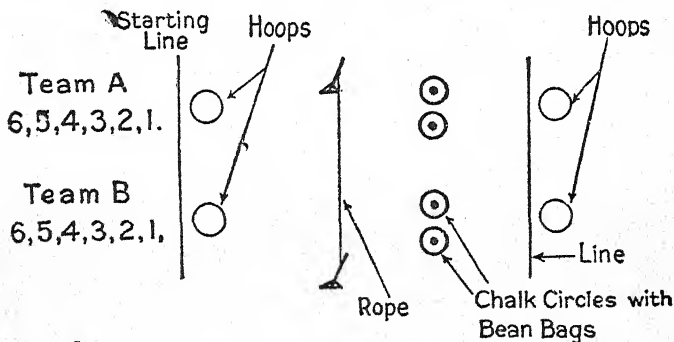
able for a small space. Team A does Zig-Zag Passing while B runs a simple Relay Race.

Note.—The length of the two lines and the distance between them should be the same for both teams when zig-zag passing. To ensure this the ground should be marked and the end players each stand in a circle at the ends of the lines.

29. TEAM OBSTACLE RACE

Apparatus.—Two hoops, 14 to 18 inches in diameter, one rope, and two bean bags for each team.

Formation.—The teams are arranged in files. Close in front of each leader a hoop is placed on the



ground. At a distance of about 5 yards a rope is stretched at a height to suit the age of the class. About 3 yards beyond the rope two circles are marked with chalk on the floor, side by side. In each of these is placed a bean bag. Just beyond the circles lies a second hoop.

Procedure.—At the whistle the leader puts the hoop over his head, passes it down to his feet, steps out of it, and leaves it lying on the ground. He then runs and jumps over the rope, changes the bean bags into the opposite rings, and goes through the second hoop, which he also leaves lying on the ground. He then returns to his team, finishing at the back.

The moment the leader leaves the first hoop the next player picks it up and follows the same course as described above.

Finish.—The team finishes when the last player runs back and touches the leader, who then picks up the first hoop and holds it above his head.

Note.—With this arrangement of the apparatus there is no congestion in the teams, as the time taken to get through the first hoop ensures good spacing, and the second and third events are quick.

When the surface is suitable for sitting, players can pass through the first hoop in long-sitting position.

30. COMPOSITE ACTIVITY TEAM RACE

A. Through the Hoop (Game 19). B. Lifting (Game 1). C. Tunnel Crawling (Game 2). D. Skinning the Snake (Game 3).

Formation.—Teams stand in file as for "Through the Hoop" race, the leader holding a hoop.

When each player has passed through the hoop he takes up long-sitting position for Lifting Race.

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The last player runs with the hoop to a pre-arranged place, well out of the way of the team.

As he returns to his place, the other players swing their arms sideways ready for lifting, and without pause he lifts the player in front of him to his feet.

When all are up, the leader runs to the end of his team and touches the last player, who then begins crawling through the tunnel, followed by the others. The leader meanwhile has returned to his place.

Each player, on finishing the crawl, takes up the position for Skinning the Snake, the signal ("Go!") for this being given by the leader of each team as he emerges from the end of the tunnel.

Finish.—After Skinning the Snake, finish with hands on shoulders of one in front, or at attention.

Notes.—1. This is a particularly strong agility exercise, and calls for great mental alertness.

2. Where activities C and D cannot be used, A and B or A and C make good composite activity races.

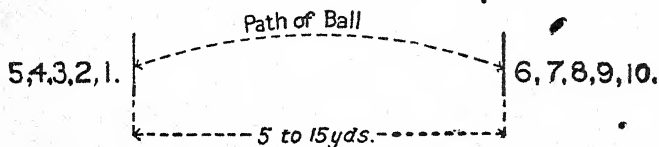
SECTION III

31. THROW AND SIT

Apparatus.—Played with a football, small ball, or bean bag.

Formation.—Two or more teams, each of which is arranged in halves as shown in diagram. The distance between them should be from 5 to 15 yards.

Procedure.—On the signal to start, No. 1 throws



to No. 6 (*i.e.* when there are 10 a-side), and immediately sits down, No. 6 throws to No. 2 and sits, each player in turn throwing and sitting.

Finish.—No. 1 jumps to his feet in time to receive the ball from No. 10 (*i.e.* the last player), the team being finished when he holds the ball above his head.

Variation I

If conditions make sitting undesirable, each player may run to the back of his own half of the team after throwing; or,

Variation II,

after throwing each player moves two or three paces to his left or right.

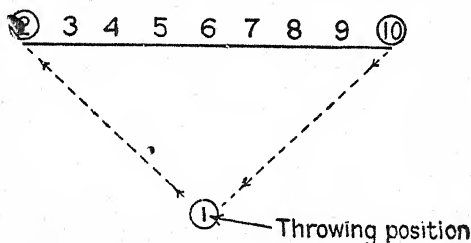
In both variations the game finishes as above, except that all are standing.

32. CORNER SPRY

Apparatus.—Any size ball or bean bag.

Formation.—Each team stands behind a line facing its captain, who stands opposite the centre of his team at a distance of 5 to 10 yards (see diagram).

Procedure.—The captain (No. 1) throws the ball to No. 2 in the circle at the top of the line.



No. 2 returns it, and the captain throws to every other player in succession. On throwing to the end player he runs into the circle at the top of the line while the end player (No. 10), carrying the ball, takes his place in front.

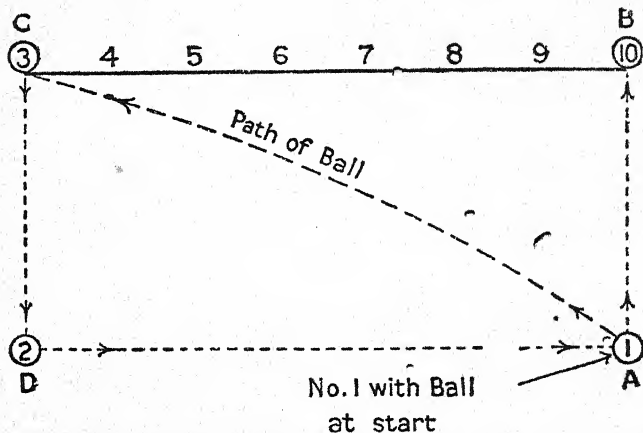
The game continues until each player has in his turn passed to all the others.

The game ends when the captain gets back to his original position.

33. SQUARE SPRY

Apparatus.—As for the preceding game.

Formation.—There are four circles, A, B, C, and D, about 18 inches in diameter. C and B are joined by a line. A and D are placed from 5 to 10 yards from the circles B and C, respectively. Player No. 1 stands inside circle A, No. 2 inside D, and the remainder of the team behind line C—B (see diagram).



Procedure.—No. 1 of each team holds a ball or bean bag. On the signal he throws it to No. 3 and runs into circle B. On the same signal No. 2 runs and stands inside circle A. Immediately No. 3 receives the ball he runs into circle D and throws to No. 2 (now inside A). No. 2 then throws diagonally to No. 4, who has meantime moved into C, and so on, until each player has done this.

Players move one place anti-clockwise each time C is vacated.

Finish.—The game finishes when No 1, standing in circle A, receives the ball.

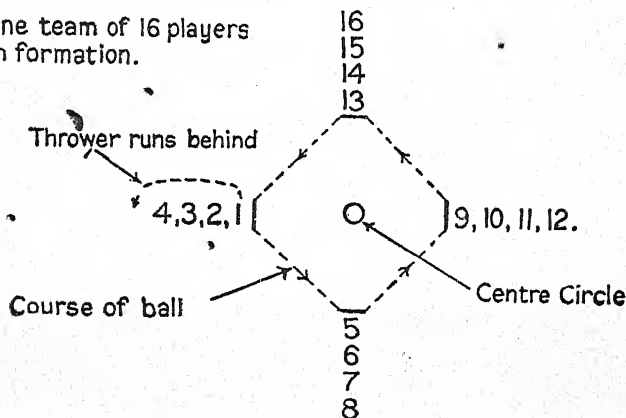
Note.—This and the preceding game are suitable for warm weather.

34. NORTH, SOUTH, EAST, AND WEST

Apparatus.—Football, small ball, or bean bag.

Formation.—Diagram shows the formation of one team of sixteen players who are divided into four groups. Four marks are made on the ground, as in diagram. They should be from 10 to 20 yards

One team of 16 players
in formation.



apart. The first player in each group stands at the mark, and the other three in file behind him.

The other team or teams are arranged similarly, with the same distance between the marks. All the players face towards the centre.

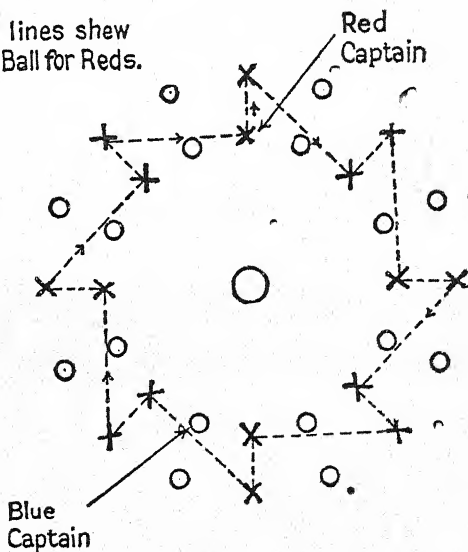
Procedure.—No. 1 holds the ball, and on signal to start throws it to No. 5, who throws to No. 9,

who throws to No. 13, and so on. Each player on throwing runs behind his own group, and the next player steps up to the mark. The ball is passed quickly round until all the players have passed and run, and are back again in their original positions, the ball finishing in the hands of No. 1, who runs with it into the centre circle and holds it above his head.

35. DOUBLE CIRCLE PASS BALL

Apparatus.—One large rubber ball or football for each team.

Dotted lines shew path of Ball for Reds.



Formation.—Two teams are arranged in two concentric circles facing the centre. Both circles

have the same number of players, and each circle has the same number of Reds and Blues, who alternate with each other. The Red and Blue captains are opposite each other. Players in the outer circle stand behind their own colour in the inner circle (see diagram).

Procedure.—The captain of each team holds a ball, and on the signal to start he throws it overhead to his partner in the outer circle. This player then throws obliquely forward (the direction, left or right, having been previously arranged) to the next player of the same team in the inner circle. The ball travels in this way round the circle until it returns to the captain, who runs with it to the centre circle.

The team wins whose captain arrives first.

Note.—Players in the inner circle have short overhead passes, while those in the outer have long oblique ones forward. Inner and outer circle players change places at the end of so many rounds. When the handling is skilful the ball may be sent round the circle several times in succession before a win is recorded.

36. A COMPOSITE PASSING RACE

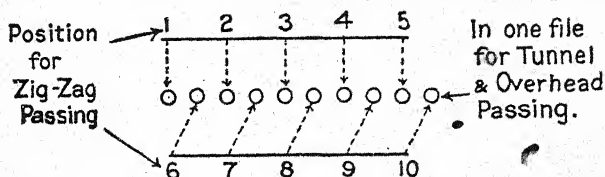
This game consists of Zig-Zag, Tunnel, and Overhead passing, and the combination will be found considerably more interesting and valuable than any of the component games played singly.

Apparatus.—One football for each team. A small ball or bean bag answers the purpose, though not so well.

Formation.—Each team is divided into halves, which stand in line facing each other (see diagram) 3 to 5 yards apart, the players in each half being 2 to 3 yards apart.

The distance between the two halves should be the same for all teams, as should the distance between the players.

Procedure.—(1) *Zig-Zag Passing.*—No. 1 holds the ball, and on signal, throws it to No. 6, who throws to No. 2, who throws to No. 7, and so on, until the ball reaches No. 10. (See diag., Game 28.)



Each player on passing the ball runs to mid-way between the two lines, and stands with feet astride, facing in the direction in which the ball is travelling. No. 10 holds the ball and runs and stands in front of No. 9, facing in the same direction.

(2) *Tunnel Ball.*—The team is now in one file, and without pause the ball is passed down the tunnel formed by the players standing with feet astride.

When the ball has passed a player he turns about with a jump.

(3) *Overhead Passing.*—When No. 1 gets the ball, he immediately passes it overhead from player to player back to No. 10.

The players quickly resume their original places

in two lines when they have passed the ball, No. 10 carrying the ball with him.

(4) *Zig-Zag Passing*.—No. 10 now passes the ball to No. 5, who passes to No. 9, who passes to No. 4, and so on, finishing at No. 1.

Variation.

Apparatus and Formation.—As above.

Procedure.—(1) *Zig-Zag Passing* as (1) above.

(2) Lines change places.

(3) *Overhead Passing* (second line only).

(4) *Tunnel Ball* (first line).

(5) *Zig-Zag Passing* as (4) above.

(6) Lines change places.

(7) *Tunnel Ball* (second line).

(8) *Overhead Passing* (first line).

Notes.—1. Players 1 to 5 (see diag., Game 28) constitute *first* line; players 6 to 10 *second* line.

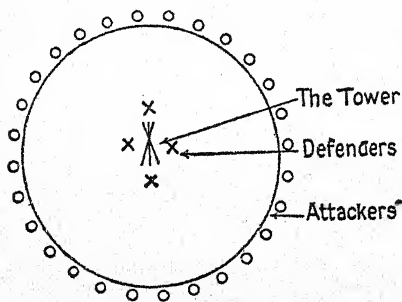
2. For *Overhead Passing* and *Tunnel Ball* lines turn into *file* behind the player with the ball.

SECTION IV

37. TOWER BALL

Apparatus.—Two to four footballs and a tripod made by fastening sticks or staves loosely together at one end. A strong elastic band is very satisfactory for this purpose.

Ground.—Mark a circle on the ground 30 to 45 feet in diameter according to the throwing capacity of the players.



Formation.—The players form a circle, in the middle of which the tower is placed and guarded by

three or four players—the defenders.

Object.—The object of the game is for the attackers to knock the tower down with the ball.

Procedure.—The balls are held by attackers, and the game is begun on a signal.

The defenders use their arms and legs to stop the ball, but are not allowed to kick it. When the attackers knock down the tower they all run to a specified line or wall, while the defenders try to

- tag them. If successful they may claim a ride on the back of their captives back to the tower. Those tagged now become defenders.

The tower is again erected and the game re-starts.

If the tower is knocked down by the defenders they must replace it, and the game continues.

No attacker may step inside the circle.

Variation

A good variation of the preceding game may be played as follows :—

The players form a circle round the tower as in the above game. The tower is defended by one player only.

The attacking and defending are done by kicking the ball instead of throwing it. Handling the ball is not allowed. A player on hitting the tower becomes defender.

The aim should be to keep the ball low and take first time shots at the tower.

Notes.—This is a good preparatory game for football.

It may be played with one or two balls.

38. DODGE BALL

Apparatus.—One football for every two teams.

Ground.—A circle for every two teams should be chalked, painted, or otherwise marked. It should measure from 20 to 35 feet in diameter, according to the age, sex, and throwing powers of the class.

If the playground is to be permanently marked with tar or paint it is recommended that two or three concentric circles of approximately the above size be made. Junior players and small classes use the inner circles.

Formation.—The teams should consist of about twelve players. One team stands inside the circle while the other stands round the outside with the players at equal distances apart.

Object.—The object of the game is for the outside players to hit those inside with the ball. Not more than one hit can be registered from one throw.

Procedure.—On the signal to start, a player from the outer circle passes the ball to one of his own side. This player then throws the ball at any player, inside the circle, who steps or jumps aside, ducks, or in any other way tries to dodge it.

If the ball hits a player it may remain inside the circle or rebound in the direction of the outer circle.

In the former case it should be recovered quickly by an outer circle player, who should pass to another attacker, and then run back to his place.

Rules.—1. No attacker in throwing may step inside the circle.

2. The dodgers must not touch the ball, nor leave the circle to elude it.

Penalty.—For every infringement of the rules one point is deducted from the score of the offending team.

Score.—The team wins which scores the higher number of hits at the end of a specified time, e.g. three to five minutes for each team as attackers.

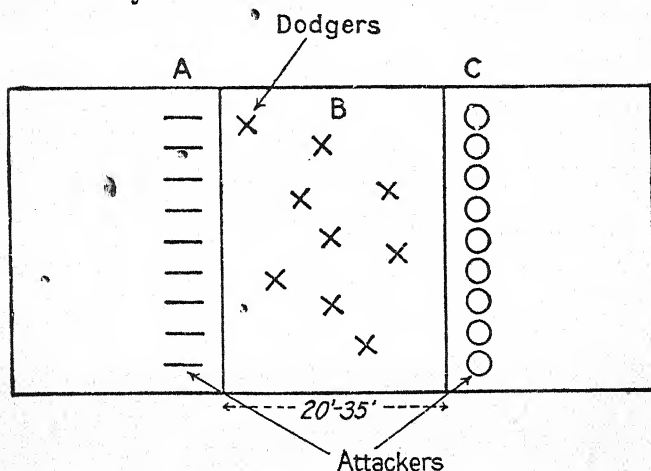
No player retires from the game, no matter how many times he may be hit.

Note.—It may be advisable sometimes to limit the target to the legs.

39. THREE-COURT DODGE BALL

Court.—The court is divided into three equal parts.

If, however, space is a consideration, the end courts may be smaller than the middle one. The



middle court should be from 20 to 35 feet in length, according to the age, ability, and number of the players.

Disposition of Players.—There are three teams in this game, e.g. A, B, and C.

One goes into the centre court and the other two occupy an end court each (see diagram).

The end teams are attackers, and the centre team "dodgers."

Object.—The object of the game is for the attackers to hit the dodgers with a football or a large rubber ball.

The dodgers evade the ball as best they can.

The attackers co-operate by passing to each other.

At the end of a specified time, *e.g.* three to five minutes, the centre team changes with an end team and the game continues for the same period, after which the third team goes into the centre.

The centre team should, of course, get as far away from the ball as possible, but must remain within their court.

End players field the ball for themselves, and may either run back with it or pass it.

Score.—A point is scored when the ball hits a player. The team wins which has the lowest number of hits scored against it.

Rules.—1. If the thrower steps over the line with one or both feet no hit can be scored.

2. Dodgers must not go outside their court to elude the ball.

3. The ball must not be touched by a centre court player.

Penalty.—For every infringement of the rules a point is added to the score *against* the offending team.

Variation I (for two teams)

The game may also be played with only two teams in the above formation. In this case the

attackers are divided into halves, each of which takes its position in an end court.

Variation II

Either of the above games, with the dodgers retiring on being hit.

Score.—The team wins which has, at the end of its innings in the centre, the greatest number of players left.

Variation III

In this variation all players are simultaneously attackers and defenders. The two end teams attack the centre team, but not each other, whilst the centre team attacks the two end teams.

The three courts must all be of the same dimensions.

Method of Play.—The umpire throws the ball into the centre court. The end players may run about within their own courts to evade the ball.

The player who has the ball may run up to the line to throw, but it is better play to pass.

No player may touch the ball until it has touched a player, the floor, or some object. The only exceptions to this rule are (a) when a pass is sent between players of the same side, and (b) when the ball passes direct from one end court to the other.

No player may enter another court to field the ball.

If the ball passes over the outside lines, a player from the court over whose line it has passed

recovers it, and may either pass back or run back with it.

Score.—Hits are scored *against* each of the three teams in the three courts. Play is continued for a specified time, *e.g.* three to five minutes, at the end of which teams change courts. There must be two changes, so that each team plays in each of the three courts. The team with the smallest total against it wins.

Note.—This variation should only be used where there are walls within 15 yards of the back lines to stop the ball, otherwise the game may drag.

Variation IV

Any form of Dodge Ball may be played, counting only direct hits, or hits on the legs.

Variation V

Any form of Dodge Ball may be played with two balls. This makes it more active and exciting.

40. RAIDING, OR SCOTS AND ENGLISH

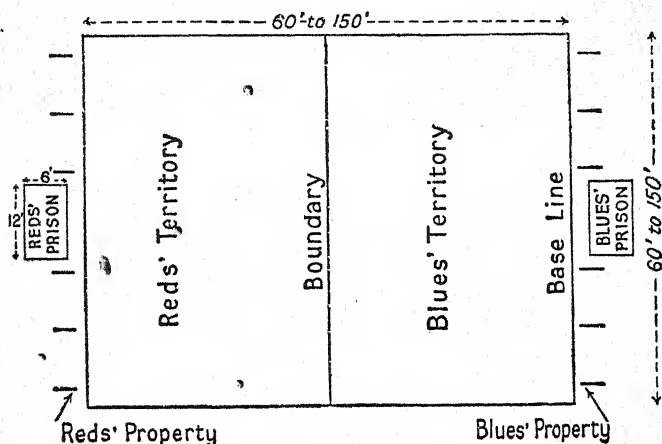
Apparatus.—About twelve skittles, sticks, dumb-bells, or bean bags.

Ground.—A suitable pitch is one measuring from 60 to 150 feet by 60 to 150 feet. It is divided into two equal parts by a line. There is a prison at each end of the pitch. The prison should be about 12 feet by 6 feet.

The articles, equally divided between the two teams, are spaced out behind their owners' base line (see diagram).

Formation.—The players are divided into two teams, and at the beginning of the game stand behind their own base line.

Object.—The object of the game is to raid the enemy's territory and carry off their property, only one article being taken away at a time by any player.



Procedure.—At the signal the players sally forth, and if any raider can cross his opponents' base line without being caught he takes one article and places it behind his own base line. Upon his return journey he cannot be caught.

If caught inside the enemy's territory *before* crossing their base line he is a prisoner, and is taken by his captor to the prison, where he must remain until one of his own side crosses the base line at any point and thus releases him. Both

those players are then free and must return to their own territory.

Rules.—1. No article may be taken by a raider so long as any of his team are prisoners.

2. A captor must take his captive to prison, but the latter must not resist.

3. When a prisoner is released, both he and the one who frees him must return to their own territory before they can start raiding again.

Finish.—The team wins which captures all its opponents' property, but if neither team has done so at the end of a given time, then award two points for each article captured and one point for each prisoner.

Notes.—(1) This game requires a fair amount of space. If the ground available is oblong and less than 100 feet wide, and there are more than fifteen a-side, it is recommended that the game should be played not lengthwise but across the ground.

(2) This is an excellent game for fast running and dodging. It requires tactics and co-operation, e.g. a feint at one side of the enemy's territory followed by a dash forward at the other.

41. SKYLARK

Apparatus.—A small rubber ball.

Formation.—Two teams, Reds and Blues, take up their positions, each behind its line (see diagram). The distance between these lines should be adapted to the throwing capacity of the players. This game requires a fair amount of space.

Procedure.—One of the teams, say the Blues, has the ball. A player throws it across to the Reds, who try to catch it. The player who catches

it touches his own head and heel with it, and then tries to tag with the ball as many of the Blues as possible. As soon as the ball is caught the Blues must endeavour to get across their opponents' line without being tagged by the player with the ball. He may tag with the ball in his hand or by throwing. Meanwhile all the other Reds go across behind the other line,

taking with them as prisoners all the Blues who have been tagged. If the Reds fail to catch the ball teams do not change over. If the Blues run out into the space a Red may pick up the ball and throw it at them. Any Blue

Reds



*Distance according to
throwing capacity of
players.*

Blues



touched before he gets behind the line again becomes a prisoner and joins the Reds.

Score.—The ball is thrown alternately by the Blues and Reds for a pre-arranged number of times, at the end of which the prisoners are counted, and the side with the greater number wins.

Rules.—1. A prisoner may never throw the ball, but may try to catch it.

2. If a prisoner (say one of the original team of Reds) catches the ball, he tags as many of the Blues (on whose side he now is) as he can before they get across to the other side. He then returns to his own team, and all those whom he has tagged go with him.

A prisoner must not *try* to be caught back by his own side.

42. MOVING TARGET

Apparatus.—As many small balls as possible, equally divided between the two teams, and one football.

N.B.—A cricket ball may be used by advanced players instead of a football.

Ground.—Mark a circle on the playground measuring from 25 to 40 feet in diameter, according

to the number of players and the size of the ground.

This circle is divided into halves by a straight line.

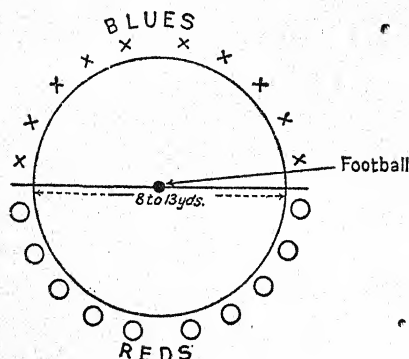
Disposition of Teams.—Each team stands behind its own half of the circle, spaced out at

intervals of 4 to 6 feet apart (see diagram).

Object.—The object is to cause the football which is placed in the centre to roll over the opponents' semicircle by hitting it with the small balls.

Procedure.—At the beginning of the game and after each point the small balls are equally divided between the two teams.

At the signal these players try to hit the football placed in the centre of the circle, and so set it rolling towards the opposing half-circle.



Each team defends its own half as well as attacking its opponents'.

Rules.—1. Players must not step inside the circle in throwing.

2. A ball which stops inside the circle must be recovered and passed to a player outside.

3. If the football passes over the junction of the middle line with the circle it does not count. It is, however, put into play as at the beginning of the game.

It is also put into play after each point in the same way.

4. No player may touch the football with any part of his person.

Finish.—The team wins which is the first to score seven points, or which scores the greater number of points at the end of a specified time, e.g. five minutes.

Hints.—All the ammunition should not be spent in the first volley, as, for example, should the ball be sent rolling swiftly towards the Blues' semi-circle, they should have some ready to drive it back again.

All players should co-operate in supplying with small balls the players who are in the best position for attack or defence, as the case may be. For example, if the ball is rolling towards the Blues' half-circle, all the Blues should pass to the players near the point towards which the football is rolling.

In attacking, the ammunition should, generally speaking, be passed to the players who are diametrically opposite the ball. Passes are more easily seen if rolled along the ground.

43. HAND POLO

Apparatus.—One football or rubber ball for every two teams.

Formation.—One team forms a circle, and the other forms a second circle outside it. The outer circle players stand immediately behind those of the inner circle, and players of the same weight should be paired.

The players in the inner circle are the Ponies, while those in the outer are the Riders.

The ponies should stand from 3 to 5 yards apart, according to the capabilities of the players in handling the ball, and the space available.

Procedure.—On the signal the riders jump on the backs of the ponies, who lean forward from the hips and give themselves support by placing their hands on their knees. The riders sit upright. The ball is put into play by the riders' captain or any other rider tossing it to another mounted player, who tries to catch it, while his pony endeavours to prevent his doing so. The pony may twist and turn as much as he likes so long as he does not move his feet.

When a rider allows the ball to drop all the riders at once dismount and run away, while the pony of the player who dropped the ball runs to pick it up. Immediately he does this he calls "Stop!" All the riders must then immediately stand still. The pony with the ball now throws at any rider, who may try to dodge it, but without moving his feet.

The other ponies do not leave their places, and it is advisable that they should take up a previously arranged position, like hands on hips or arms folded, to enable the thrower to distinguish them from the riders, if not wearing distinctive colours. If the thrower is successful in hitting a rider, the riders and ponies change places. If he is unsuccessful, they resume play without exchanging places.

Fouls.—1. A rider holding the ball more than three seconds.

2. The rider aimed at moving his feet in dodging the ball.

3. A pony moving his feet in trying to prevent his rider from catching the ball.

4. Any pony trying to delay his rider in dismounting when the ball has been dropped.

Penalty.—For fouls 1 and 2 riders and ponies exchange places.

For foul 3 the ball, if dropped, is given to the rider whose pony was responsible for the foul, and no exchange of places occurs.

For foul 4 ponies remain as such for the next round.

Score.—A hit scores one point.

The team which scores seven points first wins.

Variation I

More frequent exchanges of ponies and riders takes place if *any* pony is allowed to pick up the ball and throw it.

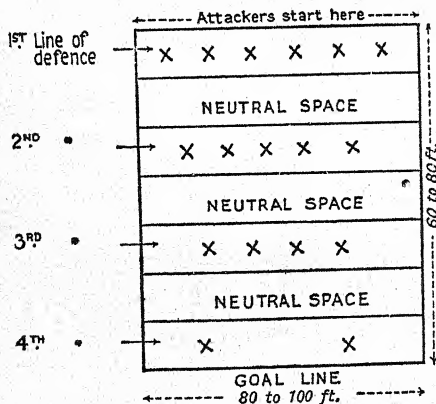
Variation II

This game may be played as described above, except that the pony whose rider misses the ball takes a Place Kick to try and hit a rider.

Note.—These are vigorous and enjoyable games, which give valuable training in passing under exceptionally difficult circumstances.

44. THE SIEVE

Pitch.—For twelve to twenty players a-side the pitch should be 80 to 100 feet square. It should be divided by parallel lines 12 to 15 feet apart. The spaces between these lines are alternately *occupied*



and *neutral*, as shown in the diagram.

Disposition of Teams.—

At the start of the game the Attackers stand behind the first line. The Defenders are arranged in, say, four lines of de-

fence, the number in the first being such as to give each player 6 to 9 feet to defend on both sides of him. The second line contains one to two less. The third and fourth lines have proportionately fewer players (see diagram).

• The number of spaces and lines of defence may be increased or decreased according to the number of players taking part.

Object.—The object is for the Attackers to dodge the Defenders and cross the Goal Line without being tagged.

• *Procedure.*—At the signal the Attackers try to get into the first Neutral space, then into the second and third and over the Goal Line without being touched by a Defender.

Attackers are safe in any neutral space, provided both feet are within it.

Attackers when tagged immediately drop out of the game.

An Attacker stepping over the Side Line in getting into a neutral space or over the Goal Line is out of the game.

• Teams exchange places when all the Attackers have either crossed the Goal Line or been tagged.

Score.—There are two methods of scoring.

1. Award one point for every Attacker who succeeds in crossing the Goal Line without being tagged.

2. Award one point for every Attacker who gets into the 1st neutral space, 2 for the 2nd space, 3 for the 3rd space, and 5 for crossing the Goal Line.

The team scoring the greater number of points wins.

Hints.—Team work and self-sacrifice on the part of the Attackers are essential in this game.

Strategy plays an important part, for example, attracting the attention of the defence at one point

of the line by making a demonstration, and then surprising them at another point.

The most successful attacks are made collectively all along the line. Attackers should, therefore, keep together, those getting through first waiting for the others.



SECTION V

45. TEAM PASSING

Apparatus.—A football or small ball.

Formation.—Two teams of seven to twelve players each, spread out over the ground (Netball or Rugby Touch ground, small playground, etc.) in opposing pairs.

Object.—The object of the game is to make as many consecutive passes as possible.

Method of Play.—The ball is put into play by bouncing it between two opposing players who try to secure it and pass to a player on their own side. Only consecutive passes by the same team count, and the team which scores the higher number wins. An intercepted pass does not count, nor the first catch from a throw-in.

About five minutes is long enough to play this game, as it is very strenuous.

Rules.—1. There must always be sufficient space between any two players who are passing to each other to enable a third to intervene.

2. Holding the ball for more than three seconds is not allowed.

3. No form of rough play is permitted.

4. Travelling more than one step with the ball is not allowed.

Penalty.—Free throw to opponents and first pass to count, if successful.

5. If the ball is held by two opposing players at the same time, it is bounced between them.

6. A ball out of bounds is put into play by an opponent of the player who touches it last. All other players must stand not less than 3 yards away.

Note.—*This rule also applies to a Free Throw in this game, and all others where a free throw is the penalty for infringing the rules.*

If the "3 yards rule" is not observed the other side gets the throw.

Hints.—The team in possession of the ball should try to get away from their opponents in order to be free to receive passes. The other team should try to place themselves between the ball and their opponents, each player marking his own man.

Passes are more easily made among the outer players, so that the coach should continually advise players to spread out.

When the opposition is strong at one part of the ground the ball should be thrown to another part, and the game thus quickly transferred to a more favourable spot.

Note.—Team Passing is a first-rate preparatory game for all handling games.

Variation

This game may also be used as a preparation for football, and then the passing is made with the foot.

If used as a preparation for Rugby Football, a Rugby ball should be used.

It may also be played with lacrosse sticks.

46. COURT TEAM PASSING

Ground.—The ground is divided by a line into two equal parts.

Formation.—The teams form up in opposing pairs, as in the preceding game—if possible an equal number of pairs on either side of the line. This line must not be crossed.

Object.—The object of the game is to make three consecutive passes between members of one team in the same court.

Procedure.—The umpire bounces the ball between two opponents on the same side of the line. The players of one team in the same court try to make three consecutive passes. If successful they score one point. The player who receives the third pass must then without pause throw the ball across the line into the other court. That pass does not count.

Rules.—1. Each time a point is scored the ball must be passed to the other court.

2. If the ball crosses the line it is immediately in play in that court, even if a point has not been scored.

3. A pass across the line may be intercepted, but if a point has just been scored the ball must be passed into the other court.

4. No player may put a foot across the line.

Other rules as in the preceding game.

Penalty.—Free throw to opponents and first pass to count if successful.

Notes.—1. This variation is less exhausting than ordinary Team Passing, and the centre line keeps the game more open.

2. If there has been a prolonged bout in one court without a point being scored the ball should be passed into the other court.

3. Where teams are mixed, girls may be placed in opposing pairs in one court and boys in the other, each team being composed of half of the girls and half of the boys.

4. Where there is considerable difference in the standard of play of the members of the same team, as is usually the case when two or more small classes of various ages are grouped together, the poor or smaller players from both teams should play against each other in one court, while the good or bigger players oppose each other in the other court.

The grading of players in this way is very satisfactory, and is recommended, particularly for small schools and mixed classes.

47. SQUARE BALL

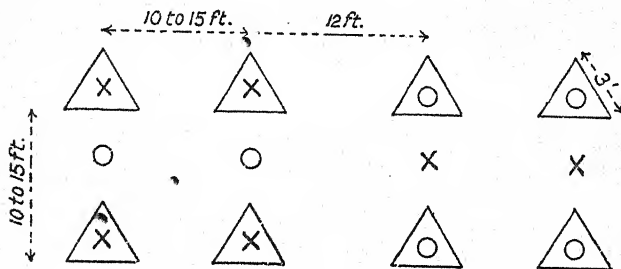
Ground.—Triangles with sides measuring 3 feet are marked in two sets of four, as shown in diagram. The triangles in each set form a square, and are 10 to 15 feet apart. The adjacent triangles of the two sets are 12 feet apart.

Disposition of Teams.—Each team has four basemen, each of whom stands inside a base, and

two defenders, who take up their positions near the opposing bases.

The game is divided into *three* equal parts, and the defenders and two of the basemen exchange places at the end of the first and second periods.

Object.—The object of the game is to score "Rounders." A rounder is scored (a) when the basemen of one team have passed the ball once round in the same direction; (b) when any *two*



basemen have passed the ball four times consecutively between each other, *i.e.* two passes each.

Procedure.—The ball is bounced between the nearest two opposing defenders, who stand with their left sides towards their opponents' bases, and 4 feet apart. The aims of the defence are to get the ball to their basemen and to prevent the opposing basemen from scoring. They may move in any direction, but must not carry the ball more than one step. They must not enter the bases. The basemen must keep one foot inside the base.

Any baseman may start a rounder.

The first type of rounder is scored when the

ball, after an unbroken sequence of passes in the same direction, returns to the player who starts the rounder. If the direction of the passing is altered before a rounder is made, the new rounder is started with the first pass in the new direction.

The object of the second type of rounder is to prevent the defence from marking exclusively one or two basemen, and thus preventing any possibility of scoring a rounder of the (a) type.

The passing for the (b) type of rounder may be between basemen either adjacent or diagonally opposite.

There is no limit to the number of consecutive rounders that may be scored by either method.

Score.—The team wins which scores the greater number of rounders.

Note.—This game can be played in a space no larger than 35 feet by 15 feet.

It is suitable for small classes, as six players constitute a team. For large classes arrange several games.

48. ISLAND BALL

Apparatus.—One football.

Ground.—A centre line is drawn with an equal number of circles 4 feet in diameter on each side of it.

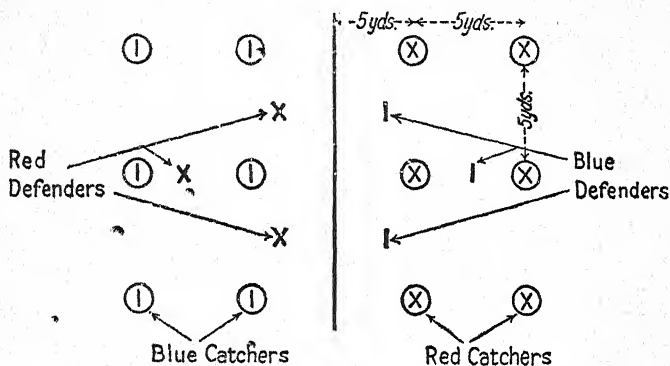
The front circles should be about 5 yards from the centre line, and all circles not less than 5 yards apart.

The diagram shows the ground marked for two teams (Reds and Blues) of ten a-side, but fewer or

more circles may be used to suit a smaller or larger team.

Formation.—In a nine a-side game there are six catchers and three defenders, and this proportion should be maintained as nearly as possible for larger or smaller teams.

The catchers in the Red team stand inside the circles on one side of the line, and their defenders stand outside the circles on the other side, placing



themselves to the best advantage. The Blues are similarly arranged (see diagram).

Object.—The object of the game is for a defender to pass the ball to a catcher of his team, who then tries to run into the next circle without being tagged by an opposing defender. If he succeeds in doing this his team scores one point.

He may only move clockwise.

Procedure.—At the beginning of the game and after a point has been scored the umpire bounces the ball on the centre line between any two

opposing defenders. It is not in play until touched by either of those players.

When a catcher gets the ball from a defender he should not try to run into the next circle unless he has a reasonable chance of scoring, but should pass immediately to another catcher who may be less closely guarded.

There may be a series of passes before a run can be attempted.

If a catcher who is attempting a run is touched by a defender he must at once pass the ball across the line. He may not return to his circle once he has left it, and the other catchers of his team must also change circles. In this way catchers have an opportunity of playing in all the circles in turn.

Rules.—1. Players must keep on their own side of the line.

2. Catchers must keep one foot inside the circle.

3. Defenders must not carry the ball.

4. Defenders must not enter the circle.

5. A catcher on being touched when running into another circle must pass immediately into the other court.

Penalty.—Free throw for the opposite side at the spot where the foul occurred.

49. A HEADING GAME

This is a preparatory game for football and volley ball.

Apparatus.—One football for each team of about twelve players.

Disposition of Teams.—Teams stand well apart, each team covering a circular area (not marked) of 30 to 40 feet in diameter.

Aim.—The aim is to keep the ball in the air longer than opposing teams.

Procedure.—Starting the game. On a signal from the umpire one player in each team tosses the ball into the air and then heads it into play. No other player may head the ball before this player. There is no limit to the number of times a player may head the ball (but not twice in succession) nor to the ground a team may cover.

End of Round.—When the ball touches the ground or a foul is committed, the responsible team stops play, the round finishing when all the teams have stopped.

The winning team is the one which, without infringing any of the rules, maintains the ball in the air longest. The relative place of each team in the competition is likewise decided.

The best of three, five, or seven Rounds decides the game.

Fouls.—Touching the ball with any part of the body other than the head.

Penalty.—Team responsible loses round.

Variation I

Played on a circular pitch about 40 feet in diameter.

All rules as in preceding game, except that play also stops when any player in heading the ball steps outside the circle with one or both feet.

This is a progression on the previous form of the

game, as the ball has to be kept within a defined space.

Variation II

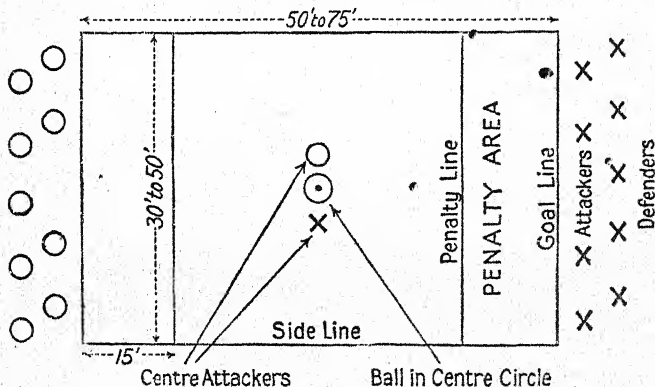
Played over a net or rope as in Volley Ball (Game 58), but the ball to be put into play from any part of the court and headed only.

All other rules as in Volley Ball, where applicable.

50. SCRIMMAGE BALL

Apparatus.—A football.

Pitch.—The pitch is rectangular, and should measure from 50 to 75 feet long by 30 to 50 feet



wide. The long lines are called the Side Lines and the short lines the Goal Lines. At a distance of 15 feet from the Goal Lines two other lines are drawn parallel with them (see diagram). These lines are the Penalty Lines, and the space between

them and the Goal Lines is the Penalty Area. In the centre of the pitch there is a Centre Circle 4 feet in diameter.

Disposition of Teams.—The teams are equally divided into Attackers and Defenders, who change positions after each goal.

The Attackers stand with both feet behind the Goal Line, and the Defenders about a yard behind them.

The Centre Attacker of each team stands outside the centre circle with his left side towards his opponents' goal line.

Object.—The object is to hit or push the ball over the opponents' Goal Line with the open hand, at a height not higher than the hip.

Method of Play.—*Attackers.*—The ball is placed in the Centre Circle, and at the whistle the Centre Attackers endeavour to get possession of the ball. At the same signal the Attackers rush forward, and the Defenders step up to the Goal Line.

Players should keep their places and pass freely amongst each other, using the left hand as well as the right, but not both simultaneously.

Defenders.—The Defenders spread out and defend the whole of the Goal Line, and must keep one foot behind the line.

Ball out of Bounds.—When the ball goes over the Side Line it is placed at the point where it crossed that line and hit into play by an opponent of the player who touched it last.

Fouls.—1. Using both hands simultaneously.

2. Using fist.

3. Using foot in kicking or stopping the ball.

4. Scooping the ball higher than the hip (knee, if near low windows, lights, etc.).

5. Playing the ball whilst touching the floor with any part of the person other than the feet.

6. Defenders stepping over Goal Line with both feet.

7. Any form of rough play.

Penalties.—For Fouls 1 to 5, occurring outside the Penalty Area, or if made by an Attacker inside his *opponents'* Penalty Area, award a free hit from the point where the Foul occurred.

For Fouls 6 and 7, for kicking (3), for all Fouls by the Defenders, and by the Attackers in their *own* Penalty Area, award a free hit from the Penalty Line, at the point nearest to where the Foul occurred.

When a Penalty Hit is being taken all players except the Defenders must stand behind the ball, the Defenders alone being allowed to try to stop the ball.

Notes.—1. There is no off-side rule.

2. The chief feature of the game is the exchange of positions between Attackers and Defenders after each goal, thus ensuring for each player an equally important part in the game.

3. Where two walls can be used as Side Lines, the ball is never out of bounds.

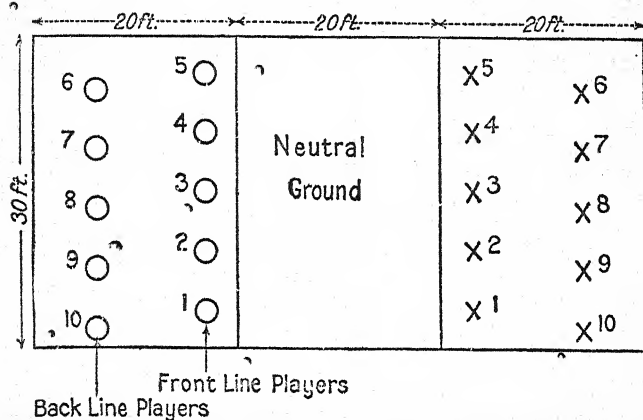
51. GROUND BALL

This game is played with a football.

Court.—The court should be divided equally into three parts, and should approximate to the measurements given in the diagram.

Disposition of Teams.—The teams occupy the end courts, and are divided equally into front line and back line players. All are numbered (see diagram.)

The Start.—The umpire bounces the ball in the centre of the neutral court between No. 1 of each team, who try to secure the ball and pass it back to their own side.



The Object.—The object is to throw the ball so as to fall on the ground inside the opponents' court.

Method of Play.—After each point all players automatically rotate one place clockwise so that No. 2 of one team and No. 10 of the other come out for the second bounce; then No. 3 *versus* No. 9 for the third, and so on. These players immediately return to their places.

The ball is always bounced in the same position, *i.e.*, near the side line. If it crosses the side line

of the neutral ground before being touched by any other player, the opponent of the one who touched it last throws it to his own team while standing outside the side line at the point where the ball went out.

Scoring.—A point is scored by the throwing side when (a) the ball touches the ground inside the opponents' court, (b) goes outside the court after touching, or being touched by an opponent. This also applies to the neutral court.

A point is scored by the receiving side when the ball goes outside their court without touching or being touched by any player of that side.

This applies also to the neutral ground.

A ball falling on the line is considered "good," and counts against the side on whose line it falls. If a pass from the neutral ground is dropped in the end court, or after being touched goes outside or into the neutral ground, a point is scored against the responsible team.

Finish.—The team which is the first to score eleven points wins.

Note.—With strong throwers it is advisable to play over a net or rope stretched across the middle of the neutral ground, at a height of 5 feet, or, if a net or rope is not available, then only allow the ball to be *pushed* with both hands straight from the chest.

Hints.—1. Aim at the least protected parts of the opponents' court.

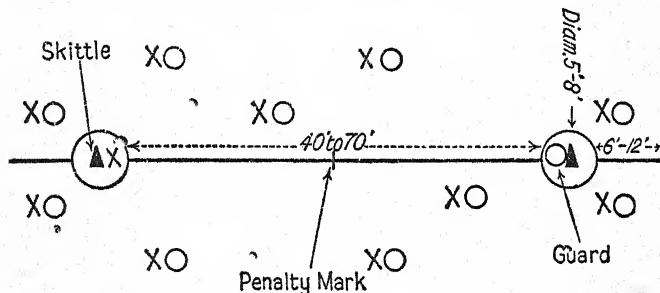
2. Passing is permitted, and backs should, as a rule, pass to the forwards, who are in the best position for scoring.

3. It is permissible for players to save a ball which another player has unsuccessfully attempted to hold.

52. SKITTLE BALL

Apparatus.—One football and two skittles, or tripods as for Game 37.

Pitch.—A line 40 to 70 feet in length is drawn, at each end of which there is a circle 8 feet in diameter. Beyond these circles the line is continued for 6 to 12 feet. There is a Penalty Mark 2 feet long drawn across the line midway between



the two circles. There are no boundaries. In the middle of each circle a skittle is placed.

Disposition of Teams.—One player from each team is chosen as guard and stands inside his own circle. The other players arrange themselves in opposing pairs, if possible an equal number of players on each side of the line (see diagram).

Object.—The object of the game is to knock down the opponents' skittle with the ball.

Method of Play.—The umpire bounces the ball between two opposing players on the same side of

the line near the centre. These players stand 3 yards apart, each with his left side towards the skittle he is attacking.

The ball is in play when it has been handled by one of those players. It is then passed towards the players who occupy the best position from which to attack the opponents' skittle. The most effective passes are short and quick.

The skittle may be attacked from any point outside the circle. To "draw" the skittle-defender the ball should be passed amongst the attackers around the circle.

Score.—If a guard knocks down his own skittle his opponents score one point.

If the attackers knock down their opponents' skittle they score two points.

Fouls.—1. Carrying the ball.

2. Crossing the centre line.

3. Attackers entering the circle.

4. An attacker touching the ball when it is on the ground inside the circle.

5. Fisting the ball.

6. Holding the ball more than three seconds.

7. A defender stepping inside the circle.

8. A defender (other than guard) touching the ball when it is on the ground inside the circle.

9. Kicking.

10. Any form of rough play.

Note.—A player has entered the circle when any part of his person touches the floor within it.

Penalty.—For Fouls 1 to 6 award a free throw from the spot where the foul occurs.

For Fouls 7 to 10 award a penalty throw.

The penalty throw is taken from the Penalty

Mark. During this throw the guard stands outside the circle, and is not allowed inside until the ball has hit or missed the skittle. If it misses, it is again in play, and the guard should, therefore, quickly return to his circle to defend.

Notes.—1. If a goal is scored the ball is put into play as at the beginning of the game.

2. To score a goal from a penalty throw the ball must hit the skittle direct, or from a single bounce inside the circle.

Aims of the Game.—To develop—

1. Quick passing.
2. Marking opponent and breaking away.
3. Accuracy in throwing.

53. FOUR-RING SKITTLE BALL

Apparatus.—One football, four skittles.

Pitch.—Two lines from 30 to 70 feet in length are drawn. These lines bisect each other at right angles. At both ends of the lines circles 5 to 8 feet in diameter are drawn, and beyond these circles the lines are continued for 6 to 12 feet. In the middle of each circle a skittle is placed (see Diagram).

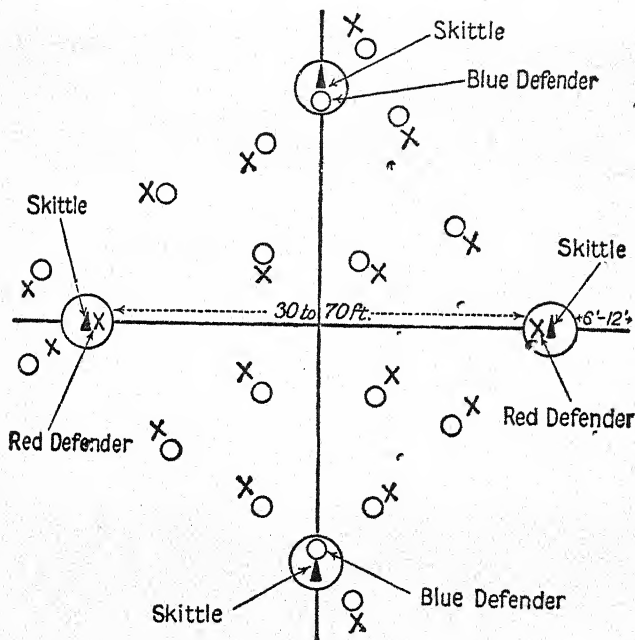
Formation.—There are two teams of fourteen to eighteen players. Two players from each team are chosen as guards and stand in the circles. Players of the same team defend in the circles drawn at the ends of the same line.

The other players line up in opposing pairs, if possible an equal number of pairs in each quarter of the field.

Procedure.—The umpire bounces the ball between two players of opposing teams, who stand close to the centre in the same quarter. The ball

is bounced in a different court each time a goal is scored, moving clockwise.

The game proceeds as in Skittle Ball, and the rules are the same. Each team has the choice of two skittles to attack and has to defend two.

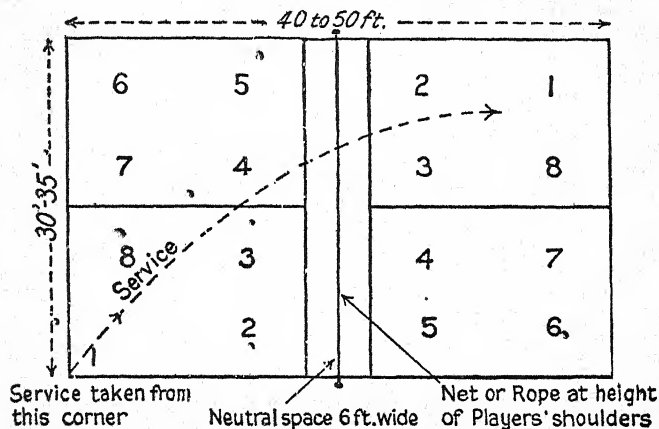


Note.—1. This variation of the game can often be played on a ground which is not long enough for ordinary Skittle Ball.

2. As there are four skittles to attack and defend an unusually large number of players can take part in this game without overcrowding.

54. MEDICINE BALL TENNIS

Court.—For eight a-side, the court should measure from 40 to 50 feet in length, and 30 to 35 feet in width. For a smaller number of players a proportionately smaller court is suitable. Across the centre of the court is a neutral space 6 feet in width. The remaining sections are again subdivided into four equal parts, as in sketch.



Apparatus.—A medicine ball or football.

A Badminton net or a rope stretched across the court, over the centre of the neutral space, at shoulder height.

Object.—The object of the game is to throw the ball over the net or rope, so as to fall on the ground inside the opponents' court.

Disposition of Teams.—Each team is divided into front-line and back-line players.

At the beginning of the game they are arranged as in diagram, and are numbered anti-clockwise, beginning with the player in the back right-hand corner.

Method of Play.—Only the serving side can score, and this side continues to serve until every player has had a turn and been put out.

Service.—No. 1 begins to serve from the right-hand corner with both feet behind the back line. He throws the ball diagonally across the net into the opponents' right-hand court, and may use one or both hands, and throw in any way he pleases. Only the corresponding player in the other team (No. 1 in diagram) may receive. If this player fails to take the service *three times in succession* the receiving side shall rotate one place, but not the serving side. This rule prevents the receiving side from being too severely handicapped by a weak player.

After the service has been lawfully received the ball may be returned into any part of the opponents' court, and may then be handled by any player.

Loss of Service.—A server loses his serve (a) if he fails to throw the ball over the net into the opponents' right-hand court; (b) if the ball touches the net; (c) if, in subsequent play, any member of his own side causes the ball to go outside the courts, to touch the net, or to fall on the ground inside his own court or the neutral area.

Rotation.—When the first server is out, every member of the team moves round clockwise one place, the opposing team moving likewise.

When *all* the members of the serving side have been put out the service passes to the other side.

Scoring.—(Remember that only the *Serving Side* scores.)—A point is scored when the receiving side (a) allows the ball to touch the ground within their own court; (b) touches the ball and it goes outside; (c) returns it into the net or neutral ground, or causes it to touch the net.

Hints.—Passing is not allowed, though a "save" may be effected lawfully, as in the case of a high shot, which a front-line player may be unsuccessful in holding, but which may be caught by another player before it falls on the ground.

The most effective shots are taken overarm, the ball being delivered from the highest possible point and passing downwards just over the net.

A swift shot is best caught, not with the hands stiffly outstretched, but with the whole forearm, or with the arms held so that the ball can be gathered against the chest.

55. POST BALL

Apparatus.—One football and two posts (see Note at end of game).

Pitch.—A suitable pitch for nine to eleven players a-side is 75 to 100 feet long by 50 to 70 feet wide.

A post (the Goal) is placed in the middle of each of the end lines. These posts should be between $6\frac{1}{2}$ and 8 feet high, according to the height of the players. It is best to provide 8-foot posts and mark off with tape or chalk the height to be

used. Net Ball Posts marked in this way are suitable.

At both ends of the pitch there are three concentric semicircles, the post being the centre of these. The radii are 3 feet, 12 feet, and 18 feet (see diagram (a)).

The outermost circle is called the Penalty Circle, and the space between it and the middle circle the Penalty Area.

The smallest circle is known as the Goal Circle, and the space between it and the middle circle the Goalkeeper's Area.

In the centre of the pitch is a circle 4 feet in diameter, called the Centre Circle.

Disposition of Teams.—In a team of ten there should be three Attackers, three Centres, three Defenders, and one Goalkeeper (see diagram).

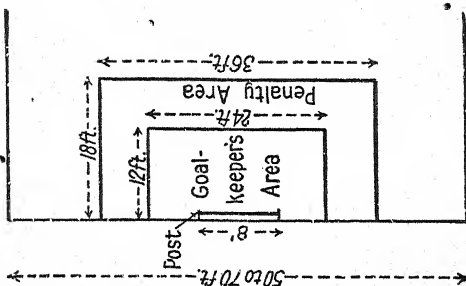
Object.—The object of the game is to hit the post with the ball.

Method of Play.—To start the game, the umpire tosses the ball up above the Centre Circle between the two opposing centres standing outside the circle with heels together and one arm behind the back, and facing their opponents' goal. When the ball reaches its highest point in the air they may then jump to it and endeavour to pass it to one of their own side.

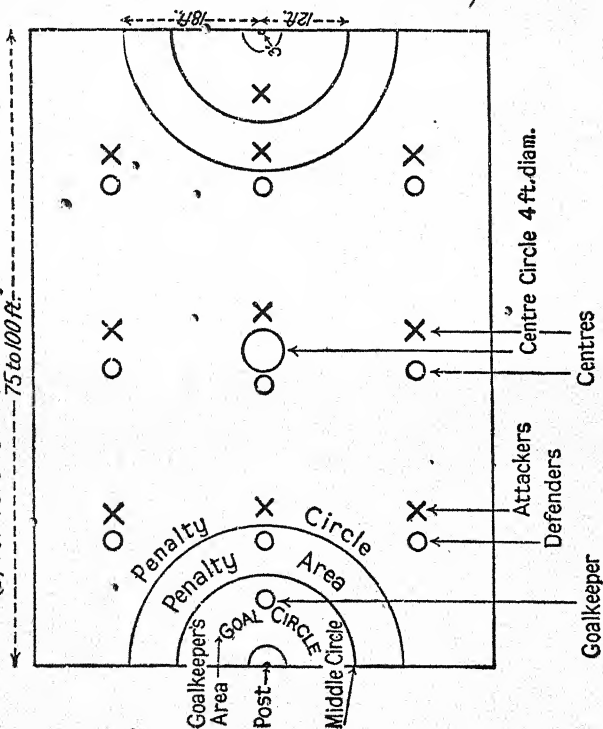
When a player gains possession of the ball, the Centres and Attackers on his side should break away from their opponents quickly and place themselves in an open position ready to receive the ball and pass or shoot. At all times passes should be short, swift and purposeful.

No Attacker in throwing at the post may step over the Middle Circle.

(b) For Horizontal "Post"



(a) For Vertical Post



The Goalkeeper must keep outside the Goal Circle. There is no other restriction as to his position. No other player may be inside the Middle Circle.

A ball out of bounds is put into play by an opponent of the player who last touched it. From the moment the player taking the throw-in toes the line until he throws the ball into play not more than three seconds must elapse. Following an infringement of this rule the ball passes to an opponent, who takes the throw-in from the same place.

A third player must not enter a "dispute." (The object of this rule is to keep the game open.) A foul is not committed unless the third man *touches* the ball.

Fouls.—1. Unnecessary roughness, *e.g.* tackling, barging, or tripping.

2. Carrying the ball.

3. Kicking.

4. Fisting.

5. Bouncing with both hands simultaneously.

6. A third player entering a "dispute."

7. Stepping inside the Penalty Area before the ball has left the hands of the thrower during a penalty throw.

8. The Goalkeeper stepping inside the Goal Circle.

9. Any player, other than the Goalkeeper, stepping across the Middle Circle.

10. Holding the ball more than three seconds.

Penalty Throw.—All fouls committed by the defenders within the Penalty Area are penalised

by a penalty-throw at the *undefended* post taken from any point of the Penalty Circle, both the thrower's feet being behind this Circle. When a Penalty throw is being taken, no player may stand within three yards of the thrower nor inside the Penalty Circle. This applies also to the Goal-keeper. A Penalty throw is also given for rough play and kicking (see Fouls 1 and 3 above).

Free Throw.—All fouls committed outside the Penalty Area are penalised by a free throw from the spot where they occur, unless in the opinion of the umpire the nature of the foul warrants a penalty throw. When a free throw is being taken all players must stand not less than three yards from the thrower.

Score.—A hit from the "field" scores two points.

A hit from a penalty throw scores one point.

Posts.—If posts are not available and there are two high walls opposite each other at a suitable distance apart, a cord may be tightly stretched between two large staples driven into the wall. One should be near ground-level and the other vertically above it, $6\frac{1}{2}$ to 8 feet from the ground. It is sufficient if the cord just clears the wall.

This is a satisfactory substitute for posts, as the cord vibrates on being hit, and it is therefore easy for the umpire to decide whether a hit has been scored or not.

Posts marked on the wall with chalk are not satisfactory.

If the walls are low, the cord may be stretched horizontally, about halfway between top and

bottom, low enough to prevent the ball from being frequently shot over the wall.

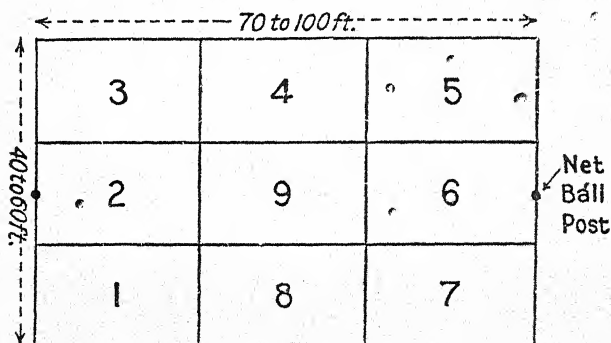
The length of the cord should be between $6\frac{1}{2}$ and 8 feet, according to the reach of the players.

Note.—For Pitch marked for Horizontal "Post," see diagram (b).

56. NINE-COURT NETBALL

Apparatus.—One football and two netball posts.

Ground.—The ground should be from 75 to 100 feet long and 40 to 60 feet wide. It is divided into nine equal courts by lines running lengthwise



and crosswise, as in diagram. These courts are numbered clockwise, as above.

Number of Players.—The best game is played with nine a-side, but a larger number can be accommodated.

Disposition of Teams.—The players form up in opposing pairs and stand one pair in each court.

Extra players are best placed in courts 2, 4, 6, and 8, in opposing pairs.

Object.—The object is for the Attacks in Courts 1, 2, and 3, and 5, 6, and 7 to net the ball.

Procedure.—The umpire bounces the ball between the two players in Court 9, who must stand 9 feet apart until the ball touches the ground. Both players stand with their left side towards the goal into which their team is shooting. The ball is not in play until it has been touched by one of those players. It is then passed until one or other side has a chance of shooting.

Whenever a goal is scored all the players move into the next court: 9 to 1, 1 to 2, and so on. In this way all players get practice in both shooting and defending.

When the ball passes over the side or goal line, a player of the opposite side to the one who last touched it throws it in from the point where it crossed the line. No player may stand within 9 feet of the player who throws in.

Rules.—1. Players must not carry the ball, nor hold it longer than three seconds.

2. Players must keep inside their own courts.

3. Kicking and fisting the ball are not allowed.

4. When two players are passing to each other they must not be so close to each other that a third player cannot pass between them.

Penalties.—A free throw for the opposite side from the spot where the penalty is incurred.

"*Held Ball.*"—When two players of opposite sides hold the ball simultaneously the umpire

bounces the ball at the spot where it was held, players standing as for centre bounce.

Notes.—1. The rules have been purposely kept more simple than in Netball, as this is intended to be a preparatory game for Netball.

2. If at the end of three minutes no goal has been scored the players should be rotated.

57. CIRCULAR PILLAR BALL

Apparatus.—Football or large rubber ball and post, *e.g.* a Netball post (see Suggestions for the Improvisation of Apparatus). A portion of the post—about 18 inches—should be painted or otherwise marked. The lower edge of the marked portion should be not less than $5\frac{1}{2}$ feet from the ground.

Pitch.—The Pitch, which is circular, measures from 30 to 42 feet in diameter. There is a second circle 4 feet inside the first, and a goal circle 6 feet in diameter. The space between the outer and inner circles is called the Track. The post is placed in the centre of the Goal Circle.

Disposition of Teams.—Half are Attackers and half Defenders.

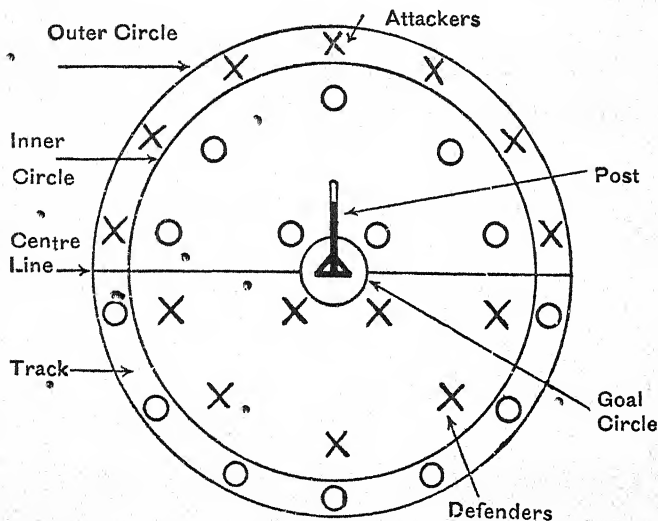
Attackers stand in the track.

Defenders stand in the inner space of the other half of the pitch (see diagram).

Object.—The object is to hit the marked portion of the post with the ball. (Only Attackers can score.) For young children and beginners the whole of the post may be the goal.

Method of Play.—Two Defenders (one from each team) stand facing each other, a yard from the

centre line, each in his own half of the pitch, and the ball is bounced on the centre line between them. The ball may be caught with both hands and passed or knocked with the open hand. It is not in play until caught or touched by one of these players. Play is continued without a stop after a goal is scored.



When the ball goes outside the pitch it is thrown in by an opponent of the player who last touched it, the thrower standing where the ball crossed the outer circle. If an Attacker is taking the throw-in the ball must first be passed to another player before a goal can be scored. The ball must not be held for more than three seconds for a throw-in or during play.

At half-time Attackers become Defenders, and *vice versa*; or, in cold weather there may be four changes during the game, as attacking is less active than defending.

Fouls.—1. Carrying the ball more than one step.

2. Holding the ball more than three seconds.

3. Attacker stepping outside the track.

4. Stepping across the centre line.

5. Defender stepping inside the track to interfere with an Attacker.

6. Defender stepping inside the Goal Circle to save shot at goal.

7. Any form of rough play.

Penalties.—For Fouls 1 to 4, free throw by any Defender of opposite team.

For Fouls 5 to 7, penalty throw, taken from the Track, at the *undefended* pillar. These throws may be taken by the Attackers in rotation.

Hints.—1. When the ball is bounced between the two opposing Defenders a quick movement to secure the ball and a quick pass to an Attacker should be made. Batting with the open hand is permissible.

2. When an Attacker receives the ball, and is so closely marked that there is no opportunity to score a hit, a quick passing movement among the Attackers usually makes an opening.

3. Passing amongst the Defenders is useful under certain conditions, *e.g.* when a weak thrower is unable to throw to an unmarked Attacker of his own side.

4. Keep on your own side of the lines.

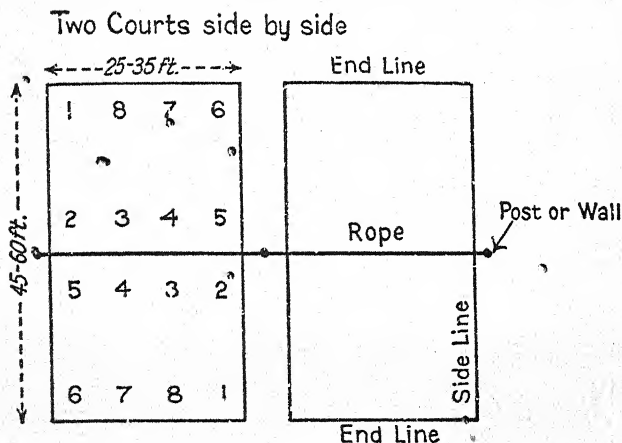
5. Note the positions of the defenders in the

diagram. Those near the track are chiefly responsible for intercepting passes to the attackers; those near the Goal Circle for intercepting shots at the post. Defenders should always be trained to jump well up for the ball.

58. VOLLEY BALL

Apparatus.—A volley ball or large *light* football. An ordinary football bladder (size 5) covered with a canvas case makes a suitable volley ball.

A Badminton net or rope, and two posts 8 feet



in height. (Posts are unnecessary if the net can be attached suitably otherwise.)

Court.—The length of the court should not exceed 60 feet, nor the width 35 feet. The side and end boundaries should be at least 3 feet from walls or any obstructions.

A net, or rope, is stretched across the court

midway between the end lines and parallel with them. It should be level, and measure 8 feet from its centre to the ground.

The rope may be attached to two opposite walls, and may be made to serve several courts lying parallel with each other, with a minimum space of 3 feet between the side lines (see diagram).

Definition of Terms.—Serving Order. This means the order in which the players serve.

A Point. When the team which is *receiving* fails to return the ball legally to the opponents' court the *serving* side scores one point.

Rotation means the moving round of players clockwise on the court.

Side Out. When the team *serving* fails to win its point or plays the ball illegally the umpire calls "Side Out!"

A player who touches the ball when it is not "dead" is considered as playing the ball.

Out of Bounds. The ball is out of bounds when it touches any surface, object, or part of the floor outside the court.

Catching or Holding. When the ball comes to rest in the hands or arms of a player and is not clearly batted he is considered as catching or holding the ball.

Method of Play.—The Captains toss for service and courts, the winner choosing either service or court.

The players in each team are numbered anti-clockwise from the right-hand corner, as in diagram.

The Service.—No. 1 of the side winning the toss (if service is chosen) serves by batting the ball into

the opponents' court with one or both hands while standing with both feet behind the back line of the court. This player continues to serve until his side is "out," when the service is taken by No. 1 of the opposite team.

When the umpire calls "Side Out!" the team which is then receiving rotates one place clockwise (after No. 1 on each side has served).

Playing the Ball.—The ball may be batted with one or both hands, fisted or headed in any direction, as long as it does not drop on the ground, go out of bounds, or under the net.

The ball may be played by any number of players before it is returned over the net, but no player may hit it twice in succession.

A *service* striking the net puts the side out, and no player may assist the ball over. A ball, other than a service, striking the net and dropping over is still in play. No player may touch or reach over the net during play. A line ball is considered "good." The team losing a game serves first in the succeeding one.

Score.—The team which is the first to score fifteen points wins the game. Matches are decided by winning two out of three games.

Fouls.—1. Any player hitting the ball more than once in succession.

2. Catching or holding the ball.

3. Touching the net.

4. Serving out of the proper order.

Penalty.—(a) If any foul is committed by the serving side that side is "out."

(b) If any foul is committed by the receiving side a point is scored by the serving side.

Notes.—1. Remember that only the serving side scores.

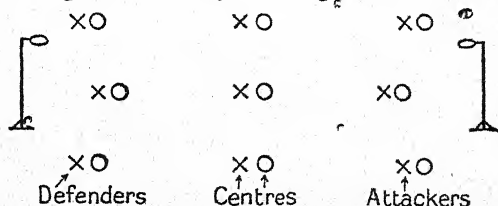
2. The system of rotation ensures that each player gets an opportunity of playing in every position in the court.

3. This is an advanced game, suitable only for top standard boys, who have developed a high degree of skill in controlling the ball.

4. It is a good summer game.

59. FREE BASKET BALL

The special feature of this game is that there are no boundaries, and it therefore does not require a marked pitch. It is a particularly suitable organised game for boys and girls of eleven years



of age and upwards, and can be played on a grass or asphalt surface, or in a hall or gymnasium, measuring not less than 50 feet by 30 feet.

Although the aim of the game and the apparatus are the same as in Netball, Free Basket Ball differs from Netball in the following respects :—

(a) The ball is never out of bounds as there are no boundaries.

(b) There is no halt while a shot at goal is being taken, the opposing players being allowed to adopt any frustrating tactics to prevent the ball from

reaching the goal so long as no player puts his hand on an opponent, or on the ball while in his hands.

(c) Goals may be scored from any part of the ground, including any portion beyond the posts.

(d) Any one may score. The team is therefore dependent more upon several shooters than upon a single good shot.

(e) The game is more vigorous owing to (a) and (b).

(f) There is usually very little "whistle," resulting mainly from (a).

Apparatus.—As for Netball.

Pitch.—50 to 100 feet between the posts is suitable. Although no lines are necessary it is an advantage to have a mark for the centre.

Teams.—Five to seven a-side may play on a pitch with 50 feet between the posts, although there is no space behind. A team of five is divided into two attackers, one centre and two defenders, and a team of seven into two attackers, three centres and two defenders. Nine to eleven a-side may play on a pitch allowing 75 feet between the posts, and about 15 feet beyond. The disposition for nine a-side is shown in the diagram. Additional players take up their positions behind the posts in opposing pairs.

Method of Play.—Midway between the posts the two opposing centres stand 4 feet apart, with heels together, one hand behind the back and facing their opponents' goal. The umpire tosses up the ball between them and they jump to gain possession or pass it to a player of the same side, using only one hand. The ball is not in play until touched

by one of the two centres. It is similarly put into play after each goal. The ball may then be passed with one or both hands in any direction by any player, and any one may score.

Score.—A goal scored from play counts two points. A goal scored from a penalty counts one point.

Fouls.—1. Carrying the ball.

2. Fisting or heading.

3. Kicking.

4. Knocking or pulling the ball out of an opponent's hands.

5. Laying hands on an opponent.

6. Any form of rough play.

7. Touching post while shot is being taken at goal.

Penalties.—For Fouls 1, 2, 3, 4, and 5 award a free throw from the place where foul occurs. For Foul 6 award a penalty throw from any point 5 yards from the post, which is undefended. For Foul 7 (if defender is responsible) award a goal if ball passes through ring, and a second penalty if a goal is not scored. If the post is touched by an attacker and the ball passes through the ring the goal is disallowed and a free throw given to the defenders.

Hints.—Short and swift passes should be encouraged. Long throws are usually wasted, as they are more easily intercepted.

Shots from below the ring are not so likely to be successful as those taken from a few steps' distance.

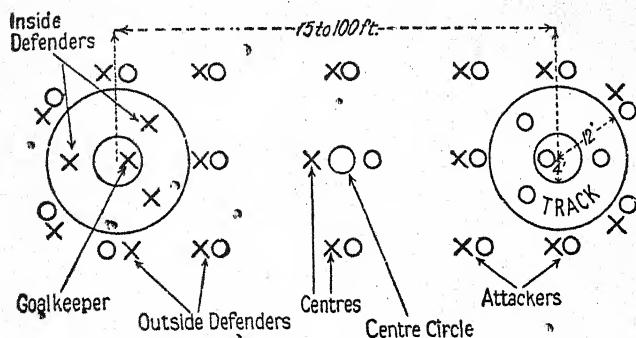
When a shot is being taken at goal there should be a player on the opposite side of the post ready to secure the ball and take another shot if the goal is missed.

60. FUSILLADE

This game has been specially designed to admit a large number of players, and gives plenty of scope for vigorous and skilful team work.

Apparatus.—A football or large rubber ball.

Pitch.—Two sets of concentric circles are marked on the playground with their centres from 75 to 100 feet apart.



The inside circle should measure 8 feet and the outer 24 feet in diameter.

The whole area of the inside circle is the Goal.

The space between the inner and the outer circles is known as the Track.

Halfway between the two sets of concentric circles is the Centre Circle, which is 4 feet in diameter.

There are no side, or end boundaries.

Disposition of Teams.—In a game of twenty-one a-side there should be seven attackers, three centres, seven outside defenders, three inside defenders, and

one goalkéeper. The game may be played with fewer or more players.

The Goalkeeper stands inside the goal.

The three Inside Defenders must keep within the Track.

No other player may step over the Outer Circle for the purpose of attack or defence.

Object.—The object is to hit the area within the Inner Circle (the Goal) with the ball. The ball must fall into the goal direct after being thrown or touched by a player. It does not count if it rolls or bounces into the Goal.

Method of Play.—The umpire starts the game by bouncing the ball in the middle of the Centre Circle between the two opposing Centres, who stand outside the circle with feet together, facing their opponents' Goal.

When the ball is touched by one of the Centre players it is in play, and these Centres try to pass it towards their Attackers.

The ball is bounced in the Centre Circle after each goal.

The ball should be passed freely round the Outside Circle in order to draw the Defence and thus make an opening. The Goal may be attacked from any point outside the Outer Circle.

There is no boundary, and the ball is therefore never "out."

When two players are passing to each other they must be sufficiently far apart to enable a third player to pass between them.

Fouls.—1. Carrying the ball more than one step.
2. Fisting.

3. A third player entering a dispute. (A foul is committed only when the third player touches the ball.)

4. Holding the ball more than three seconds.

5. Any player, other than the Inside Defenders, being in the Track.

6. Players passing when too close together.

7. Tackling, barging, and tripping.

8. Kicking.

9. Defenders stepping inside the goal.

Penalties.—(a) For Fouls 7, 8, and 9, and any foul by a Defender inside the Track, or by the Goalkeeper, a penalty throw from any point on the outer circle. During this throw only the goalkeeper may defend, and all players must be not less than 3 yards from the thrower.

(b) For all other Fouls award a free throw from the place where the foul occurred.

Note.—The unusual feature of this game is the liability of the goal to attack from any point of the outer circle.

This fact, in addition to the size of the outer circle and the absence of boundaries, keeps the game open and thus admits many players.

61. GOAL-SHOOTING ROUNDERS

Apparatus.—Netball post and football.

Pitch.—There is a base line of unlimited length, behind which stands the batting queue.

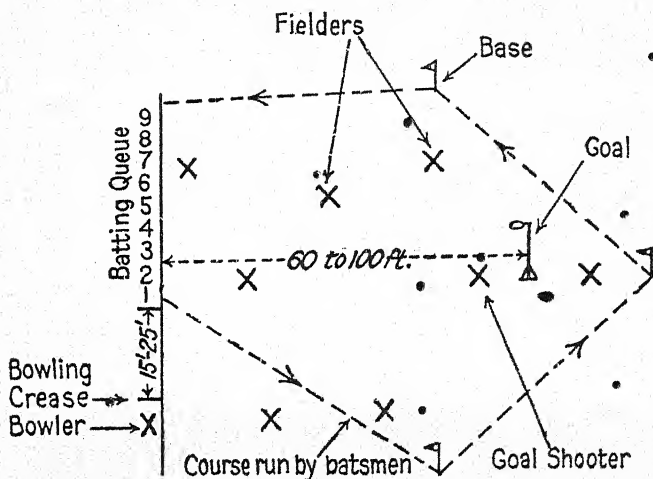
A netball post is placed at a distance of 60 to 100 feet from this line, as in diagram.

There are three bases, (flags, chairs, etc.), as shown in diagram.

The bowler's crease is 15 to 25 feet from the base line.

Disposition of Teams.—(a) *Batsmen* stand in a queue behind the base line.

(b) *Fielders* are numbered. No. 1 stands near



the goal post, the rest taking up suitable positions for fielding. One player is appointed to bowl.

Object.—The object is for the fielding side to shoot as many goals as possible, whilst the batting side run the course round the three bases.

Note that in this game the fielding side scores.

Method of Play.—(a) *Bowler.*—The bowler stands behind the bowling crease, and bowls underarm. The ball must reach the batsman at a height between his knee and shoulder, and otherwise within his reach.

(b) *Batsman*.—The batsman stands behind the base line and bats the ball with the open hand in any direction in front of the base line.

He then runs round the course at top speed and without pause, passing round outside the bases and back over the base line.

(c) *Fielders*.—The fielders quickly field the ball and pass it to No. 1 at the netball post. Two of the nearest fielders run up to field for No. 1, who immediately begins shooting. He continues to shoot until the runner has re-crossed the base line, when the umpire gives the signal to stop shooting by calling "Home!"

The ball is at once passed back to the bowler, who bowls to the next batsman.

No. 2 fielder has meanwhile taken up his position at the post. He is now goal-shooter, and the ball is passed to him when it has been batted.

The game continues until all have had a turn at either running or shooting; then the two teams change places.

Score.—The team wins which scores the greater number of goals.

Rules.—1. The ball must be batted in front of the base line. If after it strikes the ground it goes over that line it is still considered good.

2. The ball must be batted with the open hand.

3. Each batsman must run the course once and must bat the ball according to Rule 1 before running, but need not run until a good ball is served.

4. If the ball passes through the ring after the batsman crosses the base line it does not count.

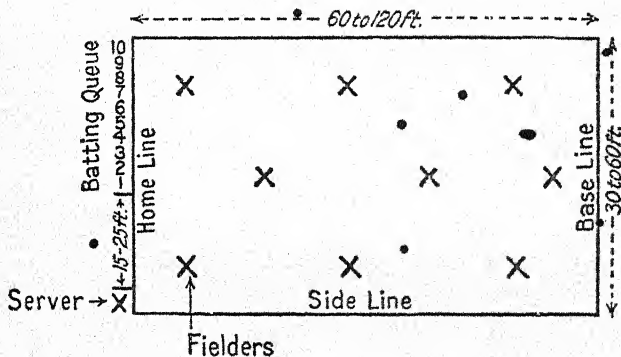
Note.—The batsman cannot be "out."

Fielders should try to catch the ball, as it can then be passed more quickly to the shooter.

62. LONG BALL

Apparatus.—Tennis or rubber ball and a bat 24 to 30 inches in length by 2 to 4 inches in width. (For beginners and young children the broader bat is preferable.)

Pitch.—The pitch is rectangular, and should measure 60 to 120 feet long by 30 to 60 feet wide.



The two long lines are called the Side Lines, and one of the shorter lines is called the Home Line and the other the Base Line.

Disposition of Teams.—The Batting Side stands in file behind the Home Line, with their left sides towards it. They are numbered and must not bat out of their turn.

The Fielders scatter over the pitch, and one of

them, the Server, stands behind the Home Line and serves from a distance of 15 to 25 feet. To mark this distance two lines, 3 feet in length, should be drawn at right angles to the Home Line and behind it. Behind one of these stands the Batting Queue and behind the other the Server (see diagram).

Object.—The object of the game is to make runs.

A run consists in running to the Base Line and back over the Home Line without being hit or infringing any of the rules. The run may be broken at the Base Line, and more than one player may stand there at the same time.

Method of Play.—Captains toss for first innings and place their teams.

The Server stands behind the Home Line and serves under-arm.

The ball is "good" if it passes within the reach of the batsman, not higher than his shoulder nor lower than his knee, and without hitting the ground.

If a good ball is served the batsman must run, whether he strikes it or not. If, however, it is not a good ball and he does not attempt to hit it, he is entitled to wait until such a ball is served. If three "bad" balls are served the batsman is allowed to cross to the Base Line without being hit.

If the ball, after coming off the bat, hits the ground direct behind the Side or Home Lines the whole side is "out." If the ball *rolls* outside these lines the side is *not* out.

If only one batsman is at the Home Line he is entitled to a second serve if he does not choose to run on the first. If there is no batsman at the

Home Line the side is put out by a player of the "out" team bouncing the ball behind that line.

The Fielders try to hit opponents running between the Home and Base Lines. They may hit any batsman who has one or both feet inside the pitch. Fielders should pass the ball to those who are best placed to hit the runner. Not more than three steps may be taken with the ball, nor must it be held more than five seconds; a fielder infringing these rules cannot score a hit.

Side Out.—The Batting Side is out when (1) any batsman is hit with the ball whilst inside the pitch; (2) the ball is caught off a hit; (3) the ball hits the ground direct outside the Side or Home Lines; (4) a batsman steps over the Side Line; (5) there is no batsman behind the Home Line to receive the service; (6) a batsman intentionally obstructs a fielder.

When the side is out the Fielders dash over the Home Line to escape being hit with the ball, while the Batting side race for the ball and endeavour to hit the Fielders before they cross the Home Line. If a Fielder is hit before crossing this line his side is again out, unless they can retrieve the batting position by again hitting an opponent with the ball.

There is no limit to the number of exchanges possible.

Caught Ball.—When the ball is caught off a hit the catcher calls "Caught!" and immediately drops it over his shoulder. (Ball must not be thrown.)

Score.—The side making the greater number of runs at the end of an agreed time wins.

Notes.—1. This game has been adapted from the Danish game of the same name, and considerably simplified to suit ordinary school conditions. It demands a great deal of mental alertness for the quick exchange of positions between Fielders and Batsmen when a side is put out.

2. Walls may be used as Side and Base Lines where suitable; and in this case the side is put out if the ball is batted and hits a side wall direct.

3. When played indoors, and especially in artificial light, a small football or large rubber ball should be used, and the ball should be batted with the hand.

63. RUGBY TOUCH

Pitch.—A rectangular pitch 100 to 180 feet in length by 60 to 120 feet in width. 15 to 20 feet from the goal line a line parallel to it is drawn. The space between these two lines is the Off-side Area. In the centre of the pitch is a circle 4 feet in diameter.

Apparatus.—One Rugby or Association football.

Disposition of Teams.—For 9 a-side: 4 forwards, three half-backs, and two backs.

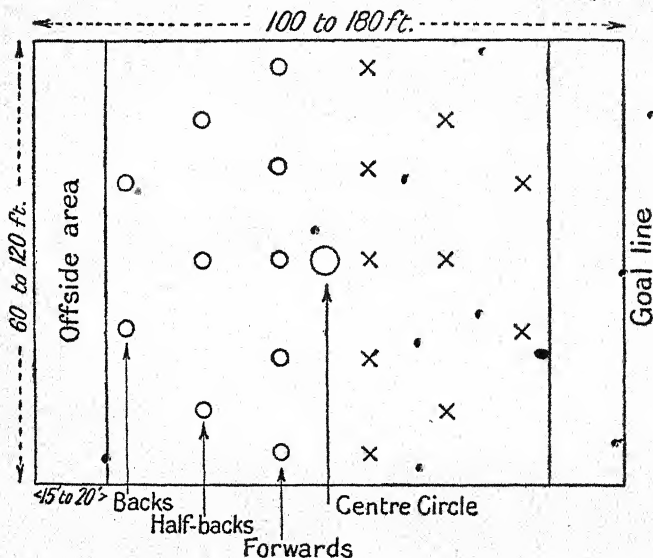
For 12 a-side: 6 forwards, 4 half-backs, and 2 backs. Diagram shows disposition for 10 a-side.

Object of the Game.—To score tries. A try is scored when the ball is received by a player having both feet outside the Offside Area, *carried* by him and *placed* beyond the opponents' Goal Line with either one or both hands on the ball.

Method of Play.—The umpire bounces the ball

in the Centre Circle between the two opposing centre forwards, who stand astride outside the circle facing their opponents' goal line. The ball must not be played until it has touched the ground.

The game is played by passing and running with



the ball. The ball may be carried the whole length of the pitch by any player. (It is advisable for the backs to keep their places as defenders.)

Passing may be in any direction.

A player in possession of the ball, *on being touched by an opponent, must immediately pass it.*

The ball must not be knocked out of an opponent's hands.

When the ball goes out of play it is returned

into play by a throw-in at the point where it crossed the line. This applies to either the side or goal line.

The throw-in is taken by an opponent of the player who last touched it, and may be taken with one or both hands and in any direction.

Offside.—No try can be scored if a player receives a pass whilst inside the opponents' off-side area.

Receiving the ball when inside this area is not a foul, provided the receiver passes the ball back to another player who is on-side, or runs back over the off-side line and places himself on-side. He is then eligible to score.

Fouls.—(a) Holding, tackling, tripping, or barging an opponent.

(b) Kicking or fisting the ball.

(c) Any unnecessary roughness. ("Touch" must not be a push.)

(d) Off-side (see Off-side rule).

(e) Carrying the ball after being touched.

Penalty.—All fouls are penalised by a free throw against the offending side, taken from the spot where the foul occurs.

Notes.—1. This is one of the fastest games played.

2. It is an excellent preparatory game for Rugby Football, and when played as such passing forward should be made a foul and a Rugby ball used.

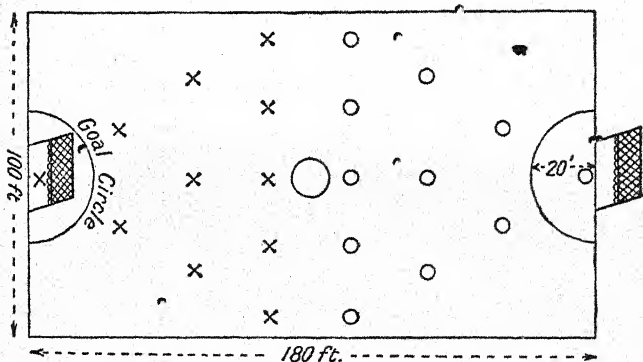
3. If strictly umpired, particularly as regards the "touch," the game is suitable for use on a hard playground or indoors, but is at its best played on a pitch 60 yards \times 40 yards, with ten a-side.

4. If played on a pitch of smaller dimensions than 100 feet by 60 feet the number of players should be reduced.

5. To suit the conditions under which it is likely to be played the game has been purposely kept simple and no conversion of tries introduced.

64. HANDBALL

Apparatus Required.—One football, size 2, 3, or 4, according to age of players, and two sets of goal-posts. These are formed by two upright posts each $7\frac{1}{2}$ feet above the ground, placed $7\frac{1}{2}$ feet apart, with two cross-bars, one attached to the top of the



uprights and the other 3 feet below. The space between the cross-bars is the goal.

It is an advantage if strong nets are attached to the back of the goals. These should be of 4-inch mesh, and measure 9 feet by 5 feet. This size will form a pouch to hold the ball.

Eighteen screw-eyes are fitted into the back of the posts and bars forming each goal, and a cord, 22 feet long, is passed through the outside meshes and the "eyes." The cord is drawn tight and tied at one of the bottom corners.

Pitch.—The pitch measures 180 feet by 100 feet; there is a semi-circle (20-feet radius), known as the "goal circle," marked at each end, and a centre circle, 2-feet radius, equidistant from the goal and side lines.

Teams.—Eleven players constitute a full team, and their positions on the field are as in Football or Hockey, *i.e.* 5 forwards, 3 half-backs, 2 backs, and 1 goalkeeper.

Aim.—The aim is to score goals, by throwing the ball into the net or goal from outside the goal circle.

Method of Play.—At the commencement of the game, and after each goal, the two centre-forwards stand outside the centre circle facing their opponents' goal, with heels together and hands to sides. The referee throws the ball at least 4 feet above their heads and directly above the centre of the circle. After the ball reaches its highest point in the air, these two players may jump to gain possession of it, or knock it with the open hand, in any direction. The ball is not in play until it has been touched by one of these players. The players endeavour to advance towards their opponents' goal by running with the ball, or by a series of passes. An opponent is dispossessed of the ball by a touch with the hand, after which he must pass the ball *immediately*. If a goal is shot

by a player touched *before* the ball has left his hand, or hands, the goal is disallowed.

Rules.—1. At the beginning of the game and after each goal the game shall be started by the referee tossing the ball up between the centres who shall stand outside the centre circle, opposite each other, facing their opponents' goal, with heels together and hands to sides.

2. The referee shall throw the ball at least 4 feet above the heads of the centres, directly above the centre of the circle.

3. Kicking or fisting the ball or batting it along the ground shall not be allowed.

4. The method of dispossessing an opponent of the ball shall be by touching him.

5. The ball shall be passed immediately after the "touch."

6. No goal shall be allowed from a shot by a player who has just been touched.

7. No player other than the goalkeeper shall enter the goal circle.

8. The goalkeeper shall be allowed to leave the goal circle.

9. No form of rough play such as charging, tackling, or snatching the ball from a player shall be allowed.

10. A ball caught at the same moment by two players shall be thrown up between them by the referee, as at the start of the game; but at the place where the game stopped.

Penalties.—1. For infringement of Rules 3, 5, and 7 (if 7 by an attacker), award a *free pass* from the spot where the offence occurred.

2. For infringement of Rules 4 and 7 (if 7 by a defender at a moment when his goal is being attacked) award a *free throw at goal*, the goal to be defended only by the goalkeeper. This throw may be taken from any point outside the goal circle.

3. When the ball crosses the side line, a player of the opposite team shall throw-in from the point where the ball crossed the line.

A ball crossing the goal-line, after being touched by an attacker, shall be thrown-in by the goalkeeper from the point where the goal circle joins the goal-line. When the ball is last touched by a defender a corner throw shall be taken by an attacker standing at the extreme corner of the pitch, on the side at which the ball went out.

For a free throw at goal, a free pass, or a throw-in, all players shall stand not less than 3 yards from the thrower and outside the goal circle.

SECTION VI

65. CITY WALL

Formation.—The game is played round a circle representing a wall. Four gateways are marked in the circle, equidistant from one another; these may be marked by crosses or bean bags or formed by two children standing side by side holding inside hands to make an arch. Each gateway represents a colour. The game is described using children as gateways.

Method of Play.—The players dance about inside the circle until the whistle blows, when they run out at *any* gateway and round the circle in a named direction; whilst doing this it is permissible to pass players ahead. When the whistle goes again, the players sprint round the circle to the gateway of their particular colour which they enter. They form up in double file inside the gateway, facing the centre of the circle. (The first players to arrive stand nearest the gateway.) When the last runner is in position the children forming the gateway run up the passage between the other members of their team to the centre.

The first team to have its members in this position wins.

Rules.—1. No one may cut across the circle.

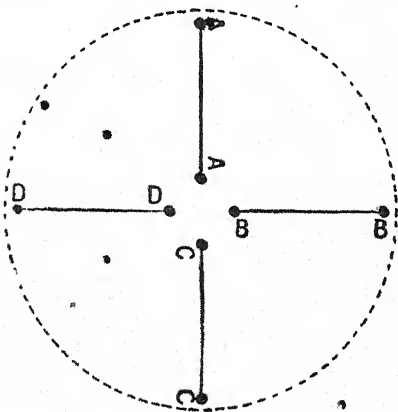
2. No one may turn back to reach the gateway.

Note.—It is not necessary to have a circle marked, as the players must run outside the gateways.

66. FOUR ROPES

Apparatus.—A long skipping-rope for each team.

Formation.—The game is played round a circle. Each rope is held by two players as shown in the diagram. The rest of the players stand round the circle in any order.



Method of Play.—The players run round the outer ring, and at the same time the ropes are turned ready for skipping, away from the runners. At the signal, the players sprint on to their own team rope, round the outer "rope-turner," and begin skipping. The team wins which is first to have all its members skipping in the rope.

Rules.—1. No one may cut across the circle.

2. No one may turn back to reach his rope.

Alternative methods of scoring are as follows :

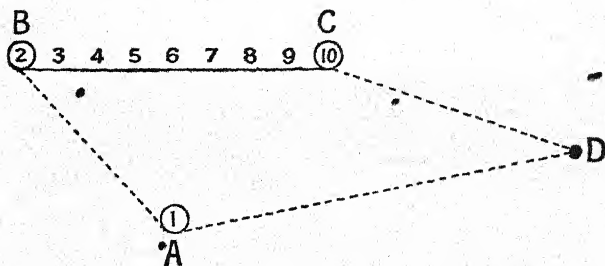
1. After the last member of the team is in the rope, the whole team skips a given number of times without stopping the rope. The first to do so wins.

2. After the signal each member runs round as before, does two skips and runs out. The team first in some pre-arranged formation (*e.g.* double file to right of outer "rope-turner") wins.

67. RACING-CORNER SPRY

Apparatus.—Any size ball or bean bag.

Formation.—The team is placed as for Corner Spry (see Game 32).



Procedure.—No. 1 throws the ball to and receives it from each player in turn from Nos. 2 to 9. This is as in Corner Spry (see Game 32). When No. 10 receives the ball he runs with it round the point D to circle A, where he stays. Meantime the rest follow him (No. 1 leaving circle A and joining on behind No. 2), pass behind

him at circle A and so back into line. No. 1 will now be in circle B and will be the first to receive the ball from No. 10, while No. 9 will be in circle C.

Finish.—The game proceeds in this fashion, the throwing and running alternating, until the players are back in their original places.

Notes.—1. The position of the point D can be arranged as is most suitable in the space available.

2. This combination of throwing and running makes the game a suitable one for cold weather.

68. TEAM INTERCEPTING

Apparatus.—A football or small ball.

Formation.—Four teams of four to six players take part in the game. Three of the teams spread out over the ground while the fourth team, which is the intercepting or attacking team, is lined up at one side. This game can be played within one court of a netball pitch, or may be played without definite boundaries, but the space used should not be too large.

Method of Play.—The ball is thrown into play and at the same time the intercepting team run on to the ground. The three other teams pass the ball from one player to another, trying to keep it from the intercepting team. Each pass (unless the ball touches the ground) scores one point. When one of the intercepting team catches the ball he immediately holds it above his head and the next team in order runs out and forms a line at the side. If, however, one of the attacking team gains possession of the ball *after* it has touched the ground,

this does not bring the innings to a finish, unless that player can make a pass to another of his team.

Object.—The object of the game is for the three teams to score as many points as possible before the intercepting team catches the ball.

Each team intercepts in turn and the winner is the one with the fewest points scored against it.

Rules.—Rules as in Team Passing (see Game 45) apply in this game.

69. PIRATES

Apparatus.—8 to 12 bean bags or small balls.

The game is similar to Team Intercepting (Game 68), but is designed for larger teams.

Formation.—Four teams of six to twelve players take part in the game. Three of the teams spread out over the ground and they have possession of the balls. The fourth team is lined up at one side; they are known as the Pirates.

Method of Play.—At the signal the players of the three teams start passing the balls from one to another. No two consecutive passes may be made between the same players. Whenever a Pirate gets a ball he runs with it to the scorer, and when a pre-arranged number (say 6) have been collected, the innings comes to an end.

Object.—The object of the game is for the Pirates to collect the given number of balls. Each team becomes the Pirates in turn, and the team which collects the balls in the shortest time wins.

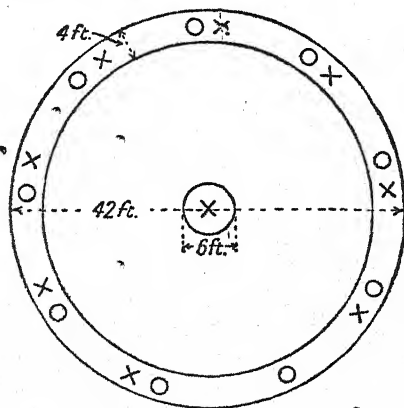
Notes.—1. This game, if kept simple, is suitable for young children.

2. Only a certain proportion of the balls should be collected, as when there are too few left in play the game is apt to become dead.

70. TRACK BALL

Apparatus.—One football.

Pitch.—The pitch is as in diagram. This will be found to be the same as in Circular Pillar Ball (see Game 57) without the centre line. If a Circular Pillar Ball pitch is being used for this game, the centre line is disregarded.



Disposition of Teams.—The players of the two teams, each marking down one of the opposing side, stand in the track, except one player who acts as "thrower" and stands in the centre circle. The team whose "thrower" is in the centre is the scoring team, the other defends.

Method of Play.—The game is played in two innings each of half a minute's duration. At the

signal, the thrower passes the ball to one of her own side in the track and this player tries to catch it, and pass back to the thrower. If successful this constitutes a complete pass and scores one point. The object is to score as many points as possible during the innings. The game is continuous for the half minute, and does not stop after each complete pass has been made. The defenders mark down and try to intercept passes from the throwers to the attackers. The ball must be returned without waste of time to the thrower. When time has expired, the other side takes its innings. At the end of this, the team which scores the higher number of points.

Rules.—1. A "thrower" must have one or both feet in, or over, the centre circle both in throwing or catching the ball, otherwise the pass is incomplete and no point is scored.

2. All other players must have both feet in the track.

3. If the ball goes outside the circle, it must be returned at once to the "thrower."

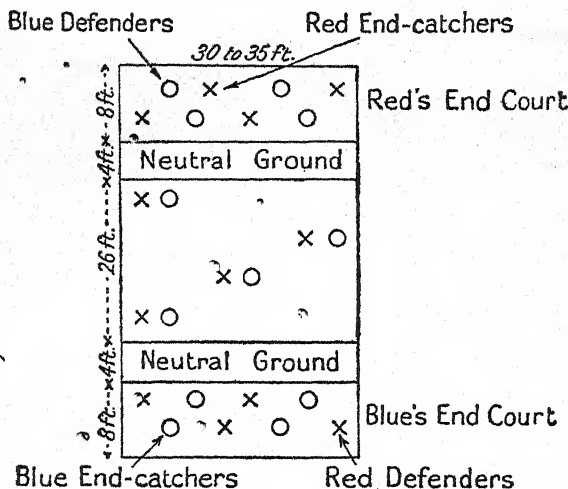
Note.—At first a longer innings may be given, and the "thrower" changed, but as the play speeds up it will be found that 30 seconds is long enough. There will always be one more in the defending team.

71. THREE COURT END BALL

Apparatus.—One football.

Pitch.—The pitch is rectangular (about the size of one netball court), and is divided as shown in.

the diagram. The measurements may vary, but the proportions should be kept.



Disposition of Teams.—Two teams of nine to fifteen players are divided into three sections. When the teams are of such a number that they cannot be divided equally the extra players should be in the centre court. The teams are placed as shown in the diagram.

Method of Play.—The ball is bounced in the middle of the centre court between two opposing players, who stand 3 yards apart, each with his left side towards his own end-catchers. The ball is in play when it has been handled by one of the players participating in the bounce. It is then passed until a thrower of one or other side succeeds in getting the ball to one of his end-catchers.

Object.—The object of this game is for the end-catchers to receive as many passes as possible from the throwers. Each catch scores one point. Play is continued without a stop after a point has been scored, the end-catcher who is in possession of the ball trying to pass quickly to one of the throwers of his side. If an end-catcher gains possession of the ball after it has touched the ground this does not score a point, but if he passes quickly to one of his own side in his own court a point is made.

Rules and Penalties.—These are the same as in Team Passing (see Game 45).

Notes.—1. It will be found that this game can be played at an earlier age if the children are not expected to mark down a specific opponent. This marking down can be taken as a later development in the game.

2. During the course of the game three changes should be made so that the players play in each of the courts.

72. RACING ROUNDERS

Apparatus.—One football or small ball.

Pitch.—The pitch is marked with a batting line, and 6 feet in front of and parallel with it, another line is drawn. Four bases marked by chalk crosses, bean bags, etc., are arranged as space will allow.

Disposition of Teams.—Members of the batting team stand behind their line. The other team is placed for fielding with a bowler behind the bowling line and opposite the first batsman. The teams contain from six to ten players each.

Method of Play.—The bowler delivers the ball by an underarm throw to the first batsman, who hits the ball with the open hand and immediately runs round the four bases. As soon as a fielder gets the ball, the rest line up behind her and the ball is passed overhead from one player to the next, a point being scored for each pass. If the ball reaches the end of the line the players turn about and continue the passing in the reverse order. If the ball is caught off a hit, five points are added to the score.

Object.—The object of the game is for the fielders to score as many points as possible while the batsman is running the rounder.

Rules.—1. The ball must not be hit behind the batting line. If this happens another ball is bowled to the same batsman.

2. Fielders must not stand in advance of the bowling line until after the ball has been hit.

3. In the overhead passing, each player must touch the ball. If a player fails to do so, all subsequent points are lost unless (a) the defaulting player runs to the back of the line, or (b) the ball is handed back to him.

Note.—When there is sufficient space to allow of good hitting, the game should be played with a small ball, and a rounders pitch may then be used.

73. SCOUT

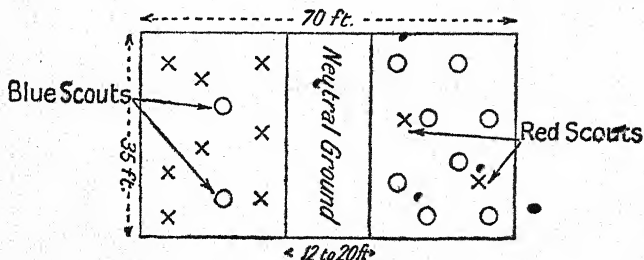
Apparatus.—One small ball.

Pitch.—The pitch is as shown in the diagram.

Disposition of Teams.—With a team of ten,

eight players remain in their own court while the other two are sent out as scouts into their opponents' territory.

Method of Play.—The ball is bounced or thrown up in the neutral ground between two opposing players, who try to secure the ball and pass it back to their own side, to which they themselves must immediately return. The home players then try to get the ball to their scouts, and if successful the



one who threw the ball crosses over to the enemy territory and becomes the third scout. Scoring only begins after this. If the ball passes out of a court the player nearest the ball (other than a scout) throws it in again to that court. If the ball becomes dead in the neutral ground any home player may go for it, but he must pass it back to his home territory and immediately return to this himself.

Object.—The object of the game is for the home players to get the ball to their scouts. A point is scored for every ball caught by a scout. Scouts may pass to each other, but such passes do not score.

Rules.—Rules 2, 3, and 4 of Team Passing (see Game 45) apply. Except under the circumstances specified above, no players may enter the neutral ground.

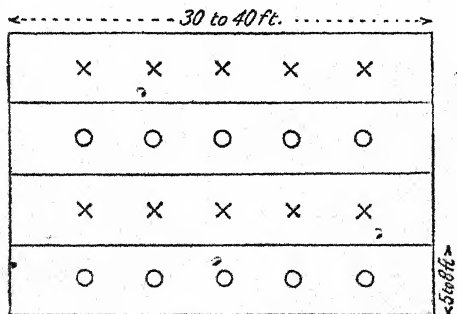
Penalty.—For any foul, the ball is given to a home player in the opposite team.

Note.—After a time limit has been reached or when a pre-arranged number of points has been scored, the scouts are changed and the game re-started. It is better to play in short breaks as the scouts have to be very active.

74. FOUR COURT TEAM PASSING

Apparatus.—One football.

Pitch.—The ground is divided by five parallel lines into four equal courts about 5 feet in width



and 30 to 40 feet in length. This length of pitch will accommodate five players in each court.

Disposition of Teams.—The teams are placed as shown in the diagram.

Method of Play.—The game is started by

bouncing the ball on one of the lines between two opposing players. The one to secure the ball tries to pass it across the opponents' territory to one of his own team in the other court. Players in the same court should pass between themselves to make an opening. If the ball goes out of bounds, a free pass is given to the nearest opponent of the player who touched it last.

Object.—The object of the game is to score as many passes as possible between members of the same team who are placed in different courts. Each successful pass across an opponent's court scores one point.

Rules.—1. The ball must not be passed above the heads of the players.

2. A player must not cross any line with either foot, but he may reach over an opponent's court.

Penalty.—A free pass is given to the nearest member of the opposing team.

Other rules and penalties as in Team Passing (see Game 45) apply in this game.

Notes.—1. This game is specially designed for play where there are pendant lights or low walls.

2. As play in the centre courts is the more active, players should change courts at half-time.

THE END



